



# Montana Cancer Center

## Nausea & Vomiting

Nausea is a sensation of uneasiness in your stomach which may or may not be followed by vomiting. Chemotherapy, radiation therapy, pain medication and other medications may cause nausea and/or vomiting.

Suggestions to help you manage **nausea & vomiting**:

- Use your anti-nausea medications as prescribed on a scheduled basis.
- Use your anti-nausea medications at onset of nausea. Do not wait until you vomit.
- Eat small frequent meals.
- Drink less fluids with meals.
- Avoid cooking your own meals and avoid smells that are bothersome to you.
- Avoid eating in a room that is too stuffy or warm.
- Wear loose-fitting clothing.
- Use distraction, relaxation, and deep breathing techniques to try to calm your stomach.
- Stay still for one hour after you eat and maintain an upright position.
- Lemon, mint, and ginger can help with nausea.

**Notify your physician:**

- If the anti-nausea medication is not controlling your nausea.
- If you have three or more separate episodes of vomiting.
- If you experience abdominal pain or cramping.
- If your vomit looks like coffee grounds or contains blood.