

Nausea and Vomiting

How is nausea treated?

Nausea is treated with medicines called antiemetics. Sometimes it takes more than one medicine to get relief. Your health care team will help you find the best medicine for you. There are many types of antiemetics, so tell your doctor if your nausea is not under control within 24 hours.

What should I do if I have nausea?

- Fill your prescription for antiemetics.
- Take your antiemetics as prescribed.
- Eat five or six small meals during the day instead of one or two large meals.
- Choose foods that are low in fat.
- Choose cool foods rather than hot.
- Take medicine to control pain as prescribed.
- Breathe deeply and slowly to help ease nausea.
- Use distraction techniques such as walking, listening to music, watching a movie, or doing other activities you like.
- Turn lights low.
- Try fanning cool air on your face.
- Drink plenty of fluids.
- Take good care of your mouth. Brush your teeth three times a day and rinse with salt water solution.
 - Salt Water Solution
 - 1 cup warm water
 - 1/8 teaspoon salt
 - 1/8 teaspoon baking soda

YOUR DOCTOR CAN PRESCRIBE MEDICINE TO HELP EASE YOUR NAUSEA. BE SURE TO TELL YOUR CARE TEAM IF YOU NEED RELIEF.

When should I call my doctor or nurse?

Call your doctor if any of these happen:

- You can't keep down fluid for 24 hours.
- You have vomited more than six times in 24 hours.
- You still have nausea and vomiting after you take antiemetics.
- Your symptoms of nausea or vomiting do not follow their usual pattern.

Helpful Suggestions

- Keep track of when your nausea occurs, what seemed to start it, and what helps make it better.
- Give your health care provider a list of all medications you take. Some medicines can cause nausea.
- Have someone with you the first time you take your antiemetic. Some medicines to control nausea can make you feel sleepy.

The Linda B. and Robert B. Wiggins Wellness and Integrative Health Center at Huntsman Cancer Institute offers acupuncture, massage, and other services that can help control nausea and other cancer-related symptoms. Call 801-587-4585 for more information.