

What is Nausea and Vomiting?

- Nausea is a feeling often felt in the throat or stomach prior to vomiting.
- Vomiting is the expelling of stomach contents.

Preventing and Treating Nausea at Home

- Many types of chemotherapy can cause nausea that may last from 24 to 72 hours after your chemo treatment.

Preventing nausea is much easier than treating nausea once it has occurred.

These anti-nausea medications may have been prescribed for you:

- **Compazine (Prochlorperazine) 10 mg**
 - This medication may make you drowsy and/or cause constipation.
- **Ativan (Lorazepam) 0.5 mg**
 - This medication may make you tired.
 - For faster results, put this medication under your tongue to dissolve.
- **Zofran (Ondansetron) 8 mg**
 - This medication may make you tired and/or cause constipation.

*At the first sign of an upset stomach, take any combination of these medications. Take them as directed for the first 24 to 72 hours after your treatment. After 72 hours, the risk for nausea goes down; use the medication that works best for you.

*Try to keep a record of when you feel nauseated and things that may make it worse. This may give you an idea of when to take your medications as well as what foods help or make it worse.

Non-Medication Alternatives:

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| ○ Ginger | ○ Smaller meals |
| ○ Toast/Crackers | ○ Gatorade/Pedialyte for hydration |
| ○ Frequent liquids throughout the day | ○ Acupuncture (please speak with your Oncologist/ Nurse if interested) |

Foods to avoid when you're feeling nauseated:

- Anything that is spicy, acidic, too hot, too cold, greasy and/or fried.

*If you have nausea that lasts more than 24 hours, or you feel dizzy or lightheaded, call your nurse navigator @ _____. Your provider may need to prescribe something different or have you come to the Open Access Clinic for evaluation. If the office is closed, please call 621-6100 and the on call provider will be paged.

*More information about nausea and vomiting can be found in the National Cancer Institute books found in your chemotherapy-teaching packet.