

NAUSEA

Managing Chemotherapy Side Effects.

What are nausea and vomiting?

Nausea is when you feel sick to your stomach, like you are going to throw up. Vomiting is when you throw up. You will most likely feel better on days you don't get chemotherapy.

Call your doctor or nurse if the medicine is not working and you have nausea or vomiting.

Drugs that may be prescribed:

Aprepitant/ Fos Aprepitant.

NEPA.

Granisetron, Ondansetron.

Palanosetron.

Dexamethasone.

Oleanzapine, Lorazepam.

Pantoprazole, Ranitidine.

Take these steps to feel better:

Take your anti-nausea medicine.

Talk with your doctor or nurse to make sure you are taking your medicine the right way.

It's very important to take your medicine—even on days you are feeling well.

Stay away from some foods.

Eat less greasy, fried, salty, sweet, or spicy foods.

If the smell of food bothers you, ask others to cook for you. Then let the food cool down before you eat it.

Have enough to eat and drink.

Take small sips of water during the day, if you find it hard to drink a full glass at one time.

Eat 5 or 6 small meals during the day, instead of 3 big meals.

On days you get treatment:

Deep breathing and meditation help some people to relax before treatment.

Learn the best time for you to eat and drink. Some people feel better when they eat a little just before treatment. Others feel better when they have nothing to eat or drink before treatment.

After treatment, wait at least 1 hour before you eat or drink.

Talk with your nurse to learn more about other ways to feel better during treatment.

Choose foods from the list on the other side of this sheet.

At Home.

Avoid strong odours.

Don't lay flat for at least two hours after eating.

Rest by sitting up or reclining with your head elevated.

Fresh air and loose clothing may be helpful after eating.

Exercising after eating may slow down digestion and increase discomfort.



Distraction

Relax and try to keep your mind off chemotherapy. Bring soothing music, relaxation tapes, or CD's, with you to chemo.

Perhaps you would like to bring a funny movie to watch during chemotherapy and/or a friend or family member to keep you company.

These foods and drinks may be easy on your stomach.

Soups Clear broth, such as chicken, beef, and vegetable.

Drinks Clear soda, such as ginger ale, Cranberry or grape juice, Oral rehydration drinks, such as Electral®, Tea, Water.

Main meals and snacks Chicken—broiled or baked without the skin, Cream of wheat or rice cereal, Crackers or pretzels, Oatmeal, Pasta or noodles, Potatoes—boiled, without the skin, White rice, White toast.

Fruits and sweets Bananas, Canned fruit such as applesauce, peaches, and pears, Gelatine/ Jelly,

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