

## **Tips to Help Prevent or Decrease Nausea/Vomiting**

1. Eat small frequent meals rather than 3 large meals.
2. Sip small amounts of cool liquids continuously. Colas, ginger-ale, apple juice, and sports drinks are good.
3. Avoid fried, spicy, or rich foods, especially right before you begin treatment.
4. Eat dry foods such as pretzels, toast, or crackers when feeling nauseous.
5. Keep your head elevated after eating. Lying down flat can cause nausea.
6. Watch for signs of dehydration if you start to vomit: dry sticky mouth, decreased urination, dizziness. Call your oncologist immediately.
7. Use distractions such as TV, videos, games, the phone, or music.
8. If you develop a metallic taste in your mouth, chewing gum and sucking on popsicles or a piece of hard candy in your mouth may help.
9. If you vomit, rinse out your mouth.
10. Don't be afraid to ask for anti-nausea medication.