

ONCOLOGY

After Chemotherapy Care Instructions

Nausea/Vomiting

What is nausea and vomiting?

Cancer or cancer therapy may cause nausea. When you are nauseated, you may feel weak, sweaty, and sick to your stomach. Nausea often leads to vomiting. Most of the time you do not need to worry about nausea and vomiting, but they can be signs of other illnesses.

What can I do at home to care for myself?

- Take your anti-nausea medicine as directed.
- After vomiting has stopped for 1 hour, drink 1 ounce of clear liquid every 20 minutes for 1 hour. Clear liquids include apple juice, grape juice, or a Gatorade-like drink mixed with an equal amount of water, weak tea with sugar, clear broth, and Jell-O. Do not drink citrus juices or lemonade. If you have kidney, heart, or liver disease and have to limit your fluids, talk to your physician before you increase the amount of fluids you drink.
- When you begin to feel better, start to eat clear soups, mild foods, and liquids until all symptoms are gone for 12 to 48 hours. Good choices are Jell-O, dry toast, crackers, and cooked cereal.
- Suck on peppermint candy or chew peppermint gum. Peppermint often helps an upset stomach.

When should I call my physician?

- You have taken your anti-nausea medicine as directed and are still vomiting.
- You have signs of needing more fluids, such as sunken eyes, dry mouth, and your urine is dark.
- You have a fever with a stiff neck or a severe headache.
- You are sensitive to light or feel very sleepy or confused.
- You have a new pain in your abdomen, or the pain gets worse.

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- You have a fever of 100.5°F.
- You vomit blood or what looks like coffee grounds.
- Your vomiting lasts longer than 2 days.
- You vomit more than 2–5 times in 1 day.

If you cannot reach your health care team or your symptoms get worse, go to Urgent Care or the Emergency Department.