



Nausea and Vomiting

May also be referred to as upset stomach, retching, stomach ache, throwing up, queasy, heart burn, motion sickness, dry heave, puke and “sick to my stomach.” Unfortunately, some cancers and chemotherapies can cause nausea and vomiting.

To prevent and manage nausea and vomiting

- Take anti-nausea medications as prescribed, this may include taking it prior to nausea occurring.
- Maintain adequate hydration. This includes fluids with electrolytes such as broths or juices. You should be able to drink 2 liters or 64 ounces every day.
- If you have a decreased appetite, avoid drinking liquids at meals to avoid feeling full too quickly
- Eat and sip small amounts frequently throughout the day
- Eat dry foods such as dry cereal, toast or crackers without liquids, especially in the morning
- Avoid heavy, high fat or greasy food, especially right before chemotherapy
- Do not eat your favorite foods during this time. If they become associated with nausea or vomiting, they will no longer be your favorite foods
- Avoid strong odors
- Don't lay flat for at least 2 hours after eating
- If you are vomiting, stop eating. Once you stop vomiting, start back on food slowly. Start with small amounts of clear fluid such as broth or juice, sports drink or water. Advance slowly to light mild foods like Jello, bananas, rice or toast.
- Avoid caffeine or smoking

Medications

Medications most commonly prescribed by this office for nausea include Ondansetron (Zofran) and Prochlorperazine (Compazine). When chemotherapy is anticipated to cause nausea, we will administer Zofran as well as a steroid Dexamethasone through your IV prior to chemotherapy.

Once you have received chemotherapy:

You may take Ondansetron (Zofran) 4-8 mg every 8 hours or Prochlorperazine (Compazine) 10 mg every 6 hours.

If these are not effective alone, you may try alternating Zofran 4-8mg with Compazine 10mg every four hours (Take a Compazine 4 hours after every Zofran) until you have been symptom free for 24 hours.

If you notice upset stomach/reflux/heartburn you can take an over the counter medicine such as Famotidine (Pepcid) 20 mg or Omeprazole (Prilosec) 20 mg daily at bedtime unless you are directed otherwise by your physician. This may also help decrease nausea.

Call the doctor if:

You are not able to meet at least half of the hydration goal in a 24 hour period.
The prescribed medications are not effective at controlling nausea or vomiting.