

nausea and vomiting

Cancer

Nausea happens when you feel “sick to your stomach” or queasy. You may also experience a watery mouth, dizziness, or fast heartbeat. When you don’t feel your best, it can be difficult to get the nourishment that your body needs. A weak appetite can lead to weight loss and may affect your treatment. It’s important to discuss with your doctor if you experience nausea after treatment ends.

Managing with Nutrition:

- Eat small, frequent meals throughout the day. Often this looks like 5 to 6 meals instead of 3 large meals. Small, frequent meals are typically well-tolerated.
- Do not skip meals or snacks. Even if you don’t feel hungry, you should still eat. An empty stomach can make nausea worse. Set an alarm as a reminder to eat every 2-3 hours.
- Room-temperature foods are often well-tolerated. Allow hot foods to cool down and cool foods to warm up before consuming.
- When you’re not feeling well, avoid eating your favorite foods. This may cause you to link them to feeling sick.
- Don’t eat when you feel queasy.
- Stay hydrated. Drink liquids throughout the day.
- If you have nausea in the morning, try keeping crackers next to the bed and eat a few before even getting out of bed.
- Try resting after eating.
- Wear loose and comfortable clothing.
- Use the symptom tracker to record when you feel nauseous.
- Avoid strong food and drink smells. Strong smelling foods include coffee, fish, onions, and garlic.