

# Nausea and Vomiting

Cancer treatment causes nausea and vomiting. Controlling these symptoms will help you to feel better and prevent more serious problems such as malnutrition and dehydration.

## TRY THIS

**Stay hydrated.** Drink fluids and eat foods with lots of water, like fruits or soup.

**Fast before and after treatment.** Don't eat for one hour before and after treatment.

**Avoid foods that irritate your mouth.** Stay away from foods that are crunchy, salty, spicy, or sugary. Also avoid alcohol and tobacco.

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## CHECK THIS OUT

**Visit** the Springboard page on Nausea and Vomiting.

<https://survivorship.cancer.gov/springboard/symptoms/nausea>

**Listen** to this audio recording for tips to manage nausea and vomiting.

<http://go.usa.gov/xxJsQ>

**Learn** about anti-nausea/vomiting (antiemetic) medicines.

<http://goo.gl/6R08hl>

**Get** tips your caregivers can use to help you stay hydrated.

<http://goo.gl/vrCKbr>