

(un)cancer

N&V Symptoms
Management
Checklist

Practical ways for managing nausea and vomiting

- Wear clothes that are loose and comfortable
- Relax before each cancer treatment
- Keep a record of when you feel nausea and why
- Talk with your doctor about the use of anti-nausea medications
- Take your anti-nausea medicine at the first signs of nausea to help prevent vomiting
- It is best to take these medications about an hour before eating. This will help you maximize how much you can eat and allow you to enjoy your meal more
- While waiting for your nausea medicine to work, relax and take slow, deep breaths
- Consider alternative therapies such as acupuncture and aromatherapy
- Mind-body practices such as hypnosis, mindfulness, meditation, breathing exercises and yoga may help decrease your symptoms