Let's talk about nausea and vomiting...

- **Nausea** is a feeling of queasiness. **Vomiting** is a strong release of stomach contents through the mouth and may include retching/dry heaving.
- If you have nausea with a severe headache, or your vomit has blood in it or looks like coffee grounds, or you feel weak/dizzy go to the Emergency Room

Please call your healthcare team if you have any of these symptoms:
- you cannot keep down any liquids, food or medications
- you vomit twice in one day despite taking nausea medication
- you have abdominal pain

**What you can do**

- Drink clear fluids, 6-8 glasses per day.
- Drink often and in small amounts instead of all at once.
- Avoid foods that are greasy/fried, very salty, spicy, or have strong smells.
- Avoid tobacco and alcohol.
- Sit upright or reclined with your head raised for 30-60 minutes after meals.
- Try relaxation therapy, like breathing techniques and listening to music.
- Consult with your medical team if you want to try acupuncture or acupressure therapy.
- Speak to your dietitian or pharmacist for other ideas.

**Nausea:**

- Take your nausea medication as prescribed in order to prevent nausea from starting.
- Try to take your nausea medication 30 minutes before eating to be able to digest the medication.
- Try to eat 5-6 small meals per day.
- If you are taking nausea medication and your symptoms have not improved, contact your health care team.

**Vomiting:**

- Limit food and drink until vomiting stops. Always rinse your mouth after vomiting (to clean it).
- After 30-60 minutes without vomiting, sip clear fluids. Next, add dry starchy foods (crackers, dry toast, dry cereal, pretzels). Then try protein rich foods later (e.g. eggs, chicken).
- Try a bland rinse. Recipe: 1 cup warm water, ½ tsp salt (or baking soda). Swish in your mouth for at least 30 seconds and spit out.

*If you are undergoing immunotherapy and have these symptoms please contact your healthcare team as soon as possible. Delays can increase side effects and toxicity.*

**Other resources**

- More resources at mcgill.ca/rcr-rcn/patient

**Symptom Hotlines**

Don’t hesitate to call! Hours of operation: 8AM to 4PM

**MUHC:** (514) 934-1934 ext. 34160
**JGH:** (514) 340-8222 ext. 25529
**St. Mary’s:** (514) 734-2679, ext. 5

**Pharmacist**

- **MUHC:** (514) 934-1934 ext. 34121
- **JGH:** (514) 340-8222 ext. 25940
- **St. Mary’s:** (514) 345-3511 ext. 3670

**Dietitian**

- **MUHC:** ask your doctor or nurse for a referral
- **JGH:** ask your doctor or nurse for a referral
- **St Mary’s:** (514) 345-3511 ext. 3962

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