

Nausea / Vomiting

1. Take the anti-nausea drugs you were prescribed. (Zofran, Kytril, Emend) for the 3 days after chemo, as instructed.
2. You may also take Compazine-10 mg by mouth every 6 hours as needed anytime for nausea.
3. If you are very nauseous or vomiting, insert a Compazine suppository-25 mg (kept in fridge). It may be used every 8 hours. Do not use within 4 hours of Compazine pills.
4. As nausea goes away, start slowly with sips of clear liquid such as flat Gingerale, Water or Gatorade for the first 1-2 hours, you may then progress to saltine crackers or applesauce, if the fluids are tolerated.
5. Sometimes an acid reducer daily can alleviate reflux, which can be similar to nausea-if prescribed by your physician, take one daily.
6. Drink plenty of clear decaffeinated fluids daily, such as Water, Gingerale, Gatorade or Apple juice.
7. Eat frequent small bland meals.
8. If vomiting persist after office hours or on weekends, go to your local emergency room.

Nausea

NO-NO'S

Sausage
Bacon
Fried eggs
Donuts
Pastries
Waffles
Pancakes
Muffins
Potato chips
French fries
Hash browns
Breaded veggies
Creamed veggies
Alcohol
Coffee
Pie
Ice Cream
Rich cakes
Spicy salad dressing
Olives
Cream
Pepper
Chili powder
Onion
Hot sauce
Seasoning mixes

GOOD CHOICES

Crackers
Cereal
Bread sticks
Rice
Apple juice
Cranberry juice
Grape juice
Gingerale
Fruit punch
Sports drinks
Popsicles
Fruit ice
Sherbert
Jello
Pretzels
Yogurt
Boiled/baked meat
Boiled/baked poultry
Boiled/baked fish
Eggs
Soda crackers
English muffins
Bagels
Plain noodles
Baked/boiled/mashed potatoes
Fruits
Veggies
Decaf soda
Decaf ice tea
Sponge cake
Vanilla wafers