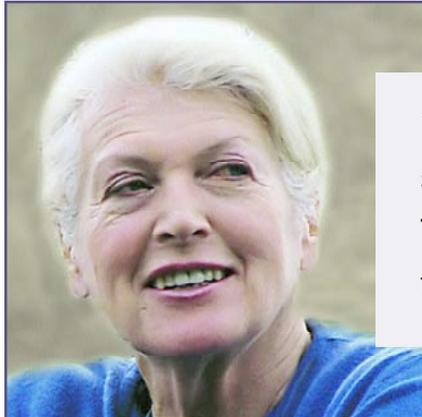


What To Do

About Feeling Sick to Your Stomach and Throwing Up (Nausea and Vomiting)



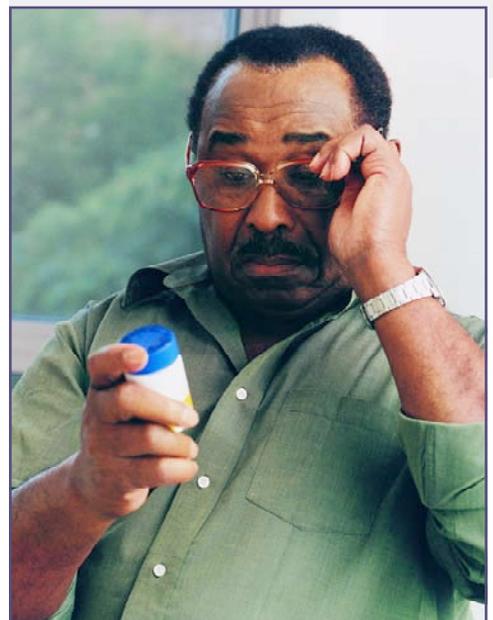
“I asked my doctor questions to make sure I knew when to take my medicine. The medicine really worked to keep me from feeling sick.”

Try some of these tips to settle your stomach:

- Eat foods that are easy on the stomach. See the list on the other side of this sheet.
- Eat 5 to 6 small meals instead of 3 big meals each day.
- Eat and drink slowly.
- Sit up or go for a short walk after eating.
- **Don't** eat foods that are too hot or too cold if they make you sick to your stomach.

Drink enough liquids during the day. This will stop you from feeling weak and getting dehydrated, which means you have lost too many body fluids.

Ask your doctor or nurse for medicine that may help. Learn how you should take the medicine.



These foods and drinks may be easy on your stomach until you feel better:

Soups (clear liquids)	Drinks (clear liquids)	Meals and snacks	Fruits and sweets
<p>Clear broth, such as chicken, vegetable, or beef</p> 	<p>Clear soda such as ginger ale</p> <p>Cranberry or grape juice</p> <p>Oral rehydration solution drinks, such as Pedialyte®</p> <p>Tea</p> <p>Water</p> 	<p>Chicken—broiled or baked, without the skin</p> <p>Crackers</p> <p>Cream of wheat or rice cereal</p> <p>Noodles</p> <p>Oatmeal</p> <p>Potatoes—boiled, without the skin</p> <p>Pretzels</p> <p>White rice</p> <p>White toast</p>	<p>Angel food cake</p> <p>Canned peaches</p> <p>Gelatin (Jell-O®)</p> <p>Popsicles and sherbet</p> <p>Yogurt</p> 

Try these tips on treatment days:

- Learn the best time for you to eat and drink. Some people find that it helps to eat a small snack before treatment. Others avoid eating or drinking before their treatment because it makes them feel sick.
- Listen to music or a book on tape before treatment to help you relax.

Questions to ask your doctor or nurse:

1. What problems should I call you about?
2. How should I take the medicine to prevent my nausea and vomiting?
3. How much liquid should I drink each day?

Free Services To Learn More

National Cancer Institute Cancer Information Service

Phone: 1-800-422-6237
(1-800-4-CANCER)

TTY: 1-800-332-8615

Online: www.cancer.gov

Chat Online: www.cancer.gov/help



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