

Tips that may help reduce chemo-induced Nausea & Vomiting



Establish a pattern of eating meals and snacks at the same time each day.

Instead of large meals, try to eat several small meals and snacks throughout the day. Take your time during meals, chewing slowly and thoroughly.



Eat foods that are cool or at room temperature.

Stay away from foods with a strong odor, such as coffee, onions, garlic and foods that are cooking.



Avoid alcohol and tobacco.

Avoid foods that are hot, greasy, fried, spicy, fatty or high in sugar.



Eat soft, bland, easy-to-digest foods (e.g., toast, dry cereals, plain yogurt, chicken noodle soup, pudding, sherbet, etc.). Choose nutritious, high-protein snacks.

Drink plenty of fluids, such as water, unsweetened juice, etc. Avoid drinking a lot of liquids during mealtime, as it can make you feel full and bloated.



Rinse your mouth often to keep it clean and remove any bad tastes or odors. Suck on sugar-free mints to get rid of a bad taste in your mouth. If foods have a metallic taste, try eating with plastic forks/spoons.

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If you need to rest after a meal, do not lie down, sit up or recline with your head raised, for at least one or 2 hours.

Eat in a quiet, relaxed setting and wear loose fitting clothes. Avoid eating in a room that is stuffy. Get plenty of fresh air.



Don't force yourself to eat. Eat what appeals to you whenever you can.

If you feel nauseated in the morning, try snacking on crackers or toast before you get out of bed.



When nausea hits, breathe in deeply and slowly through your nose and out through your mouth.

During chemotherapy treatment, use simple distractions, such as listening to a relaxation tape or soft music, drawing, knitting, reading or doing crossword puzzles.



Use unscented deodorants, shampoos, body lotions, etc.

Limit sounds, sights and smells that cause nausea and vomiting.

