

反胃通常可以通過藥物來控制。按照醫生的指示來服用這些藥物的處方是很重要的。如果您不知道如何服用你的藥，詢問您的藥劑師，護士或醫生。

Nausea can usually be controlled with medications. It is important to take these medications as prescribed by your doctor. If you are unsure how to take your medication, ask your pharmacist, nurse or physician.

有些食物可能有助於減輕噁心。請嘗試以下建議：

Some food choices may help to relieve nausea. Try the following suggestions:

一天內要經常吸吮流質飲料。每天嘗試喝 1½-2 公升 (6-8 杯) 的飲料。除了水是不錯的選擇外還有以下的選擇：

Sip fluids often throughout the day. Aim for 1 ½ -2 litres (6-8 cups) of fluid daily. Good choices in addition to water include:

薑汁汽水** gingerale**	嗜哩(果凍)jello®	冰條 popsicles
薑茶 ginger tea	果汁 fruit juices	凍檸檬茶 iced tea
檸檬汁 lemonade	清湯 clear soups	淡茶加蜂蜜 weak tea with honey
牛奶 milk	酸奶 yogurt	布丁 pudding

****沒有汽的飲品可能會比較容易接受**

**carbonated drinks are sometimes tolerated better after they go flat

每天應每隔 1-2 小時吃少量的食物。盡量多吃澱粉類食物，如：

Eat small amounts of food every 1-2 hours throughout the day. Try starchy foods such as:

餅乾 crackers	多士 (士司) toast	米餅 rice cakes
白飯 rice	麵包條 bread sticks	餐包 plain buns
米粉 rice noodles	消化餅 digestive cookie	

其他有營養的食物，並能幫助反胃包括：

Other nourishing foods that are generally well tolerated include:

蘇打餅乾泡在牛奶裡 Soda crackers soaked in milk

此資料並不取代你的註冊營養師或醫生的個人建議。該資料只可以其全文使用

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粥加少量的肉鬆或雞肉 Congee with small amounts of dry minced meats or chicken

熟雞蛋 cooked eggs 忌廉湯 cream soups 花生醬吐司 toast with peanut butter

蛋撻 egg tart 餐包 (普通或加雞肉/吞拿魚) Chinese buns (plain or with chicken/tuna)

如果食物的氣味使你更反胃，選擇冷食或室溫下的食物，如：

If the smell of foods makes your nausea worse, choose cold foods or foods at room temperature such as:

新鮮或罐裝水果 fresh or canned fruit 花生醬和餅乾 Peanut butter and crackers

豆腐花 tofu puddings 酸奶與水果 yogurt with fruit 燉奶/燉蛋 egg/milk custards

避免吃太辛辣的食物，太甜的甜品和油膩或油炸食品。

Avoid overly spicy foods, sweet desserts and greasy or fried foods.

其他建議:

Other ideas:

- 一天裡要經常用碳酸氫鈉和水漱口 (把 1/4 茶匙碳酸氫鈉與 1 杯水混合)，特別在餐前和餐後。
Rinse your mouth often throughout the day with a baking soda and water mouth rinse (1/4 tsp baking soda to 1 cup water), especially before and after meals/snacks.
- 慢慢地啜飲料。
Sip liquids slowly.
- **現在避免吃你最喜愛的食物，否則你以後可能會對這些食物產生反感。**
Avoid eating your favorite foods at this time as you could develop a dislike for them later.
- **吮吸薑糖或啜飲薑茶。**
Suck on ginger candies or sip ginger tea.
- **在輕鬆的環境內用餐（如昏暗的燈光和柔和的音樂都可以幫助）。此外，還要避免在悶熱或暖和的房間裡用餐。**
Eat in a relaxing environment (e.g. dim lighting and soft music may help). Also avoid eating in a stuffy or warm room.
- **穿比較寬鬆的衣服。**
Wear loose clothing.

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- **將一塊冷布放在你的臉上。**
Place a cold cloth on your face.
- **詢問其他的方法，如鬆弛技巧（請參閱病人及家庭輔導）。**
Ask about other methods such as relaxation techniques (see Patient and Family Counseling).

如果反胃仍然是一個問題，請告訴你的護士，營養師，放射治療師或醫生。如果您有胃抽筋或腹瀉以及反胃的症狀，立即與醫生聯繫。

If nausea remains a problem, tell your nurse, dietitian, radiation therapist or physician. Contact your doctor immediately if you have cramping or diarrhea along with the nausea.

還有其他的營養問題？

Other Nutritional Problems?

如果您有其他問題，如食慾不振，消瘦，口腔或咽喉疼痛，咀嚼困難或味覺改變，請向你的營養師查詢。

If you have other problems with eating such as a lack of appetite, weight loss, sore mouth or throat, difficulty chewing or taste changes, please ask your dietitian for more information.

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