

Medications

- Medications are the most helpful way to manage severe or acute (sudden or short) nausea. **Take your anti-nausea medications exactly as prescribed by your health care team.**
- If you are unsure how to take your medication or it is not helping your nausea, talk to your pharmacist or health care team.
- If you have cramping or diarrhea with the nausea, talk to your health care team.

Food choices can help lessen the nausea but may not make it go away completely.

Level of nausea	What to do	Foods and liquids to try
Constant nausea	<p>Take your anti-nausea medication regularly.</p> <p>Start with slow sips of clear liquids throughout the day.</p> <p>Nibble on dry starchy foods.</p>	<p>Ice-chips, water, sports drinks (Gatorade® or PowerAde®), ginger ale, teas (lemon, mint, or peppermint), Jell-O®, popsicles, lemonade, limeade, broth, and diluted fruit juices.</p> <p>Crackers, dry cereal, dry toast, rice cakes, and pretzels.</p>
As your nausea settles	<p>Eat more nourishing foods and liquids.</p>	<p>Milk, yogurt, pudding, frozen yogurt, sherbet, and custard.</p>
Mild nausea	<p>Eat small amounts of light foods every 2 hours.</p> <p>Avoid foods that have a strong smell.</p>	<p>Fruit, canned fruits, fruit smoothie, and milkshake.</p> <p>Slowly reintroduce foods back into your diet.</p>

Drinking Tips

- Try to drink at least 1.5 -2 litres (6-8 cups) of liquids each day. This will keep you hydrated (when your body has enough water).
- Carbonated water or soda may be easier to drink if it is flat.
- Drink liquids 30 minutes before or after meals and snacks.
- Limit caffeinated beverages, such as coffee, tea and cola, or do not drink them at all.

Eating Tips

- Nibble on dry cereal or plain crackers
- Nibble on crystallized ginger or peppermint candies.
- Sip ginger tea.
- Eat cold or room temperature foods. Strong smells from cooked foods may make the nausea worse.
- Limit, or do not eat, spicy or deep-fried foods.
- On the days your nausea is better, eat as much as you can tolerate.
- Eat in a quiet relaxing environment (for example, turn the lights down low).

More ideas

- Make notes to track your nausea. This will help show you what causes nausea and any patterns to your nausea.
- Leave the kitchen when someone else is cooking.
- Ask for help to prepare meals or look into meal delivery services.
- Get some fresh air and avoid eating in a warm room or a room with no fresh air.
- Take your time with activities and do not rush (for example, get out of bed slowly).
- Wear loose clothing.
- Lie down and put a cold cloth on your face.
- Ask the BC Cancer Patient and Family Counseling team about finding strategies to relax.

Other Nutritional Problems?

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

You can find more information on our website: bccancer.bc.ca/nutrition