

## Nausea.

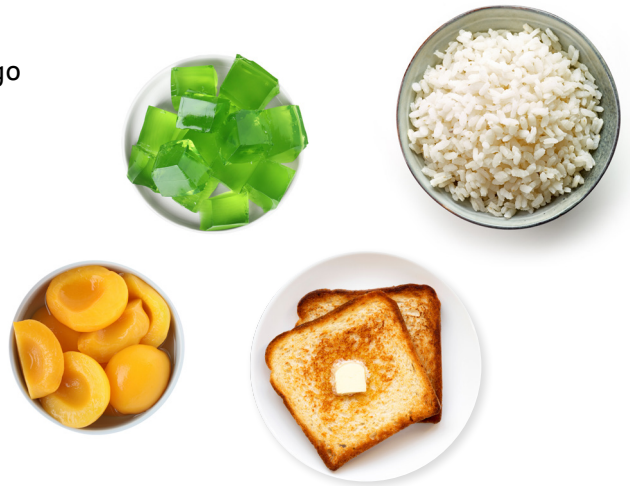
Nausea (feeling queasy, like you might vomit) is very common in cancer. It can be related to the actual cancer, treatment side effects or stress. It's important to keep trying to eat to maintain body weight and meet nutrition needs.

### Tips to reduce nausea

- There are many kinds of anti-nausea medication. Speak to a health professional about the options.
- Don't leave too much time between snacks and meals.
- Cold drinks like dry ginger ale, flat lemonade or iced tea may help settle the stomach.
- Cooking smells can cause nausea. Avoid these by:
  - » Having someone else prepare food
  - » Preparing food outside or with a window open
  - » Preparing food in advance
  - » Having easy-to-prepare foods in the freezer ready to go
  - » Choosing cold foods (they have less smell)

### Eating with nausea

- Have small, frequent snacks rather than a big meal.
- Snack often on biscuits, toast or crackers.
- Try salty foods such as crisps and crackers.
- Avoid strongly flavoured foods (fatty, rich or spicy).
- Try plain food like rice, soup, jelly or cooked fruit.
- Stay upright for at least an hour after eating.



### Dehydration

Vomiting and avoiding eating and drinking because of nausea can dehydrate us. Oral rehydration solutions (e.g. Gastrolyte or Hydralyte) can be useful, especially if unable to eat.

Severe dehydration requires urgent medical attention. Signs of severe dehydration include a fast heart rate, confusion, irritability or drowsiness.