

Tpps

Nutritional advice

A nutritionist can provide you with further information and give you personalised advice. Ask your treatment team for a recommendation.

Further information:

- «Nutrition for People Living with Cancer» (Cancer Council Australia, 2025) – Practical guide on nutrition for people with cancer, their families, and friends

Acupressure

Use acupressure on a point on your forearm (see instructions information leaflet: Acupressure to prevent nausea and vomiting) or wear an acupressure band (available in larger pharmacies under the name Sea Band).

Relaxation

There are different types of therapy and relaxation techniques that can help with nausea and vomiting. These include progressive muscle relaxation, guided meditation (where you imagine positive images) and cognitive behavioural therapy (where you learn to think and behave in a certain way). You can find instructions for guided meditation on YouTube or in various apps.

Further information on this topic

The Cancer League of Switzerland provides a wealth of information on nutrition (German, French, Italian).



Nausea and vomiting

Good to know

Nausea and vomiting are common side effects of chemotherapy or radiotherapy. New drugs and combinations of drugs can effectively treat and control nausea and vomiting. You should not have to vomit and should feel as little nausea as possible.

Taking these drugs supports the effectiveness of cancer therapy. They should be taken preventively, even if you feel well. Nausea can last for several days after cancer treatment or may only occur then. It is therefore important to take the prescribed drugs for nausea and vomiting consistently.

If you often vomit, you can lose a lot of fluid (dehydration) and your body can't get the nutrients it needs. This can delay or stop your cancer treatments from working. Medications for nausea and vomiting are chosen based on your situation. Let the treatment team know if you get travel sick, had morning sickness when you were pregnant, or feel anxious.

If you lose weight and still feel sick despite taking medication, contact your treatment team. If necessary, other medications or combinations can be used.

If you feel sick before starting therapy, relaxation exercises may help. You can find some examples under "Tips".

Nausea and vomiting

You feel...	Or you notice...	What you can do for yourself...
	- You have less appetite - You eat and drink your usual amount	- Take the medicines and reserve medicines for nausea and vomiting exactly as prescribed. If you still feel sick despite taking your medicine, ask the treatment team at your next appointment whether the medication can be adjusted. - First and foremost, eat what you feel like eating and what you are used to. - Small portions and snacks may be better tolerated than large meals. Divide your meals into 5 light meals and avoid fatty or strongly spiced dishes. - You may be able to tolerate chilled drinks and meals at room temperature better than hot drinks, for example. Change the temperature of meals and drinks according to preference. - Avoid strong or unpleasant smells. - Try to distract yourself, for example with music, audiobooks, television or by relaxing.
	- You feel sick and/or want to vomit - Your weight doesn't change much and you drink at least 1.5 litres of fluid every 24 hours	- Continue to take your medicines and reserve medicines for nausea exactly as prescribed. Inform the treatment team if the nausea persists. - Try to keep drinking as usual. Drink what you particularly like. Or try something new, such as broth or lightly sweetened drinks. - Inform the treatment team how long you have been feeling nauseated and how often you are being sick. - An empty stomach can make nausea worse. Therefore, try to eat small portions as soon as you feel better.
	- You have taken all the prescribed medicine, but you are still vomiting - You are not eating or drinking because you feel sick - You have vomited 4 or 5 times within 24 hours - You feel swollen or have a sore tummy	Contact the treatment team.