

## Tpps

### Nutritional advice

A nutritionist can give you further information and individual advice. Cognitive behavioural therapy can help you adjust thoughts or behaviours to reduce your anxiety. Ask your treatment team for a recommendation.

### Acupressure

Use acupressure on a point on the 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).

### Further information on this topic

- «Problems with nutrition in cancer», Swiss Cancer League

## Nausea and vomiting (nausea und emesis)

### Good to know

Nausea and vomiting are common side effects of chemotherapy or radiotherapy.




They can be treated and controlled with medication. These medicines can also be taken as a preventive measure, even if you feel better. Nausea can last until a few days after your cancer treatment is over. It is more difficult to relieve nausea if it is very severe.

Frequent vomiting can cause severe fluid loss (dehydration) and malnutrition, or delay the effects of your cancer treatments. If you lose weight and the nausea persists despite the medication you are taking, contact your treatment team.

Therefore, it is very important to consistently take the drugs prescribed for nausea and vomiting.



## Nausea and vomiting (nausea und emesis)

You feel...	Or you notice...	What you can do for yourself...
	<ul style="list-style-type: none"> <li>Mild nausea</li> </ul>	<ul style="list-style-type: none"> <li>Take the medicines and reserve medicines for nausea exactly as prescribed.</li> <li>Eat mainly what you fancy and what you are used to; only make changes if necessary for medical reasons.</li> <li>Avoid strong or unpleasant odours.</li> <li>Small portions and snacks may be better tolerated than large meals. Divide your meals into 5 light meals and avoid dishes that are difficult to digest.</li> <li>You may be able to tolerate chilled meals and drinks better than room-temperature or hot drinks, for example. Change the temperature of meals and drinks according to preference.</li> <li>Try to distract yourself, for example with music, audiobooks, TV, or by relaxing.</li> </ul>
	<ul style="list-style-type: none"> <li>The nausea is getting more intense and lasting longer</li> <li>The nausea is making it difficult to think about eating</li> </ul>	<ul style="list-style-type: none"> <li>Continue to take the medicines and reserve medicines for nausea exactly as prescribed.</li> <li>Try to keep drinking as usual and drink what you particularly like, or try something new.</li> <li>Inform the treatment team how long you have been feeling nauseated and how often you are being sick.</li> <li>An empty stomach can make nausea worse. Therefore, try to eat small portions as soon as you feel better.</li> </ul>
	<ul style="list-style-type: none"> <li>You have hardly managed to drink or keep down any fluid in the last 24 hours.</li> <li>Nausea and vomiting last longer than 3 days</li> <li>Constipation occurs with abdominal pain and lasts for several days</li> <li>The vomit looks like coffee grounds</li> <li>Sudden shortness of breath, racing heart, or cold sweats</li> </ul>	<ul style="list-style-type: none"> <li>Contact the treatment team.</li> </ul>