

Nausea and Vomiting with Cancer Treatment

Nausea is a sick, uncomfortable feeling in your stomach that often comes before vomiting. Nausea and vomiting are possible side effects of cancer treatments. Some people are more affected by nausea and vomiting than others.

Chemotherapy medicines can cause nausea and vomiting. Medicines to prevent nausea are often given with chemotherapy. Radiation therapy to the chest, stomach or back may also cause nausea and vomiting. Talk to your doctor or nurse if you have problems.

Nausea and vomiting may also occur from other medical problems.

What to Do

It is best to treat nausea early. This can help prevent problems caused by prolonged nausea or too much water loss called dehydration. Signs of dehydration include:

- Dry mouth
- Cracked lips
- Dizziness
- Dry eyes

Call your doctor or nurse if you are too nauseated to drink liquids or if you have more than two episodes of vomiting in 24 hours. Do not wait.

癌症治疗时的恶心和呕吐

恶心是常在呕吐前发生的胃部难受、不舒服的感觉。恶心和呕吐是癌症治疗的可能副作用。有一些人的恶心和呕吐比其他人严重。

化疗药物可引起恶心和呕吐。防恶心的药物时常和化疗一起开。对胸部、胃或后背的放疗也可能引起恶心和呕吐。如有问题，请告知你的医生或护士。

恶心和呕吐也可能由其他健康问题引起。

该做什么

治疗恶心及早为好。这可有助于避免由长期恶心或称为脱水的失水过多而引起的问题。脱水症状包括：

- 嘴干
- 嘴唇干裂
- 头晕
- 眼睛发干

如果你太恶心而无法喝下液体，或如果你在 24 小时内呕吐超过两次，请打电话给你的医生或护士。请不要等。

Eating and Drinking Tips

During this time, you may eat and drink anything that you like. You may find these tips helpful:

- Eat only a light meal before chemotherapy.
- Eat small meals every few hours instead of 3 bigger meals each day.
- Drink at least 6-8 glasses of liquids each day.
- Avoid drinking liquids with caffeine such as soft drinks, coffee and tea.
- Use popsicles, mints, tart hard candies, citrus flavored drinks or ginger ale. They may help get rid of the bad taste in your mouth after chemotherapy.
- Eat bland foods such as saltine crackers, toast, skim milk, sherbet, fruit, baked potatoes or plain vegetables.
- Avoid spicy, fatty, greasy or fried foods.
- Let someone else cook to avoid smelling strong odors.
- Avoid alcohol while taking medicine for nausea and vomiting.
- Avoid lying down right after eating. Sit up or rest with your head raised on pillows.

饮食提示

此段时间你可随意吃喝东西。你可能会觉得以下提示有用：

- 化疗前少量用餐。
- 每天隔几个小时少量用餐而不要饱食三餐。
- 每天喝 6-8 杯液体。
- 避免喝带咖啡因的液体，如软饮料、咖啡和茶。
- 请食用冰棍、薄荷糖、硬酸糖果、柑桔味饮料或姜汁汽水，这些食品可能会帮你除去化疗后口中的坏味。
- 吃无味食品，如撒盐饼干、吐司面包、脱脂牛奶、果子露、水果、烤土豆或无味蔬菜。
- 避免辛辣、脂肪过多、油腻或油炸食品。
- 让别人烹调以避免闻到浓重气味。
- 服用抗恶心和呕吐药时请避免饮酒。
- 避免餐后立刻躺下，请坐起或将头靠在枕上。

Medicines to Prevent Nausea and Vomiting

Medicines can help prevent nausea and vomiting. Take all medicines as ordered by your doctor.

- Tell your doctor or nurse if the medicine is not helping you or if you cannot keep the pills down. There are other medicines that may work better.
- You may feel weak, dizzy or sleepy while taking medicine for nausea and vomiting.

Other Ways to Help

- Slow, deep breathing through your mouth or swallowing may help nausea pass.
- Avoid unpleasant sights, sounds and smells that may trigger nausea.
- Brush your teeth and rinse your mouth after each meal and before meals if you have a bad taste in your mouth.
- Open a window to get fresh air.
- Avoid exercise and sudden movements that may make you dizzy.
- Relax with music or activities you enjoy.
- Sit up or turn on your side when vomiting. This prevents fluid from getting into your lungs.

Talk to your doctor or nurse if you have any question or concerns.

防止恶心和呕吐的药物

药物有助于防止恶心和呕吐。请按医嘱服用所有药物。

- 如果药物对你没用或如果你控制不住而不停地服药，请告知你的医生或护士。其他药物可能更有效。
- 当服用防恶心和呕吐的药物时，你可能会觉得虚弱，晕眩或困乏。

其他有用的方法

- 用嘴慢慢地深呼吸或吞咽可能会帮助克服恶心。
- 避免可能会引起恶心的不愉快景观、声音和气味。
- 如果嘴里有不良气味，请在每次饭后和饭前刷牙并嗽口。
- 开窗呼吸新鲜空气。
- 避免可能使你晕眩的锻炼和快速动作。
- 用音乐或你喜爱的活动进行放松。
- 呕吐时请坐起或侧卧。这样可防止液体进入你的肺脏。

若有任何问题或关注事宜，请告知你的医生或护士。

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