

## Radiation Therapy: Nausea and Vomiting

You may have nausea and vomiting during and after radiation treatments. This handout will give you some tips to relieve nausea and help your nutrition.

Try these:

- Eat 5 to 6 small meals throughout the day instead of 3 large meals.
- Do not drink liquids with meals. Drink liquids at least 30 minutes before or after meals.
- Eat slowly and chew well.
- Drinking carbonated beverages such as cola, lemon-lime and ginger ale soda may help relieve nausea.
- Eating crackers, toast or soup may help relieve nausea, especially after you wake up.
- Try not to mix eating hot and cold foods together. This can cause vomiting.
- Limit your activity after eating. Rest with your head raised at least 4 inches higher than your feet. Do not lie down flat for at least 2 hours after eating.
- Try bland foods that are low in fat such as gelatin, popsicles, fruit juices, sherbets, custard, dry cereals and potatoes.
- If the smell of food being cooked makes you feel like throwing up, go to another room while food is being prepared. Try to reheat frozen foods at a lower temperature to reduce the odor.
- Loosen your clothing and get fresh air if you feel nauseous.
- Stay away from concentrated sweet and rich foods such as fried foods, sauces, gravies, nuts, cream, butter, rich pastries, pork products and fatty meats.

**If your nausea does not go away, ask your radiation oncologist or nurse about anti-nausea medications.**

**If you have any questions, please call the radiation oncology team at 312.926.2520 (Galter Pavilion) or 312.472.3650 (Prentice Pavilion).**