

Nausea and Vomiting

(Les nausées et vomissements)

Nausea is a standard side effect of chemotherapy. Loss of appetite, and there is sometimes increased sensitivity to odours. This can be accompanied by vomiting. Nausea begins on the day treatment is administered and usually **does not last more than 72h**.

So-called "**anti-emetics**" are prescribed almost systematically to reduce the risk of nausea and vomiting.



You can also take some simple steps to limit them:

What you can give preference to

- **cold foods and preparations** (such as mixed salads, cold meat, sandwiches, etc.) which do not smell as strongly as hot food;
- foods which are easier to chew;
- eating **little and often**;
- light meals **before and after chemotherapy**;
 - > Eat when you feel like it, even outside normal mealtimes
 - > Eat slowly to aid digestion.

What you can avoid

- **heavy meals** (chips, oil, spices) which are harder to digest;
- **raw foods**;
- **food with strong smells** (fish, lamb, etc.);
- **drinking during the meal**, but rather before or after. Cold fizzy drinks, notably based on cola, may help reduce nausea.
- eating in an **environment of strong smells**, cooking, tobacco, etc.
 - > Eliminate tobacco and alcohol.



You should know that **anticipatory nausea** may occur before administration of your chemotherapy. This nausea is linked to anxiety. Try to relax before and during administration and don't hesitate to talk to your doctor who can prescribe an anxiolytic treatment if necessary.
