

## Chemotherapy-Induced Nausea and Vomiting (CINV)

Nausea can be one of the most upsetting side effects of cancer treatment. Nausea and vomiting caused by chemotherapy, or chemotherapy-induced nausea and vomiting (CINV), is a side effect common to many chemotherapy medications. You will be prescribed medications to help relieve CINV. There are also ways to help relieve CINV without using medications.

### Methods to reduce CINV: Diet and Nutrition

- Avoid foods that may cause nausea or vomiting.
- Avoid alcohol and caffeine, which can worsen nausea.
- Sip clear liquids such as sports drinks, lemon-lime sodas, or unsweetened fruit juices.
- Eat dry toast, plain cereal, or soda crackers in the morning.
- Eat small meals throughout the day.
- Modify your diet as needed (e.g., avoid spicy or greasy foods).
- Avoid your favorite foods on the days you have nausea so they do not become nausea triggers.
- Avoid strong odors such as cooking smells, perfumes, or smoke that may upset your stomach.



### Environment

- Increase air flow. Open a window or use a small fan to increase air flow. Stale air can increase feelings of nausea.
- Reduce air temperature. A hot, stuffy room can increase feelings of nausea.
- Engage in relaxing activities that may distract you from nausea, such as listening to music, watching TV, working puzzles, sketching, drawing, reading, or yoga.
- Try alternative therapies such as massage, guided imagery, or progressive muscle relaxation. These techniques can increase your sense of control over nausea and vomiting.

### Call your doctor if you experience:

- Persistent vomiting (e.g., vomit more than 4-5 times) or nausea lasting for more than 24 hours that is not relieved by anti-nausea medications. It is important to prevent you from becoming dehydrated.

Visit our website for more information about support groups, clinical trials and lifestyle information.

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NOTE: This information is provided to you as an educational service of National Jewish Health. It is not meant to be a substitute for consulting with your own physician.

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