

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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