

INTRODUCTION

Nausea and/or vomiting may occur when you receive Radiation Therapy to the head, abdomen, stomach, or middle back. The degree or severity of nausea you may experience depends on which area of your body is being treated, and on the dose of radiation being given. You may feel ill or have an upset stomach for a few hours after your radiation treatment each day.

There are many ways to lessen or control nausea. Your Radiation Therapist, Nurse or Radiation Oncologist can answer any questions you may have. It is important that you tell your team about what helps decrease your nausea. Your Radiation Oncologist may be able prescribe anti-sickness medication that will help you feel more comfortable.

HELPFUL HINTS TO DECREASE NAUSEA AND VOMITING

- Eat food that is easy to digest and bland, such as toast, crackers, plain biscuits, such as Rich Tea or ginger nuts, clear soup or rice.
- Avoid very spicy food and any juices or foods that are too acidic, such as those containing orange, grapefruit or tomatoes.
- Avoid greasy foods, strong-smelling food, or overly sweet food.
- Drink clear beverages, such as water, ginger ale or flat lemonade, sip these drinks throughout the day rather than drinking large amounts at one time.
- Food and drink is best served at room temperature.
- Limit or avoid alcohol intake.
- Listen to music, take a walk, or do some other relaxing activity to help decrease the nausea. Feeling anxious or fatigued may increase nausea.
- Get some rest throughout the day. Go

We cannot predict which patients will experience nausea and vomiting: however, we like to give out the information about this potential side effect so that you are prepared and not alarmed if and when it does occur.

Please ask your Radiation Therapy Treatment Team if there is anything that you are concerned about, or if you feel that your nausea and vomiting is not being well controlled.

All the side effects relevant to your Radiation Therapy will be fully discussed with you before your treatment begins. You will also receive a separate leaflet regarding the specific area of your body that is having Radiation Therapy.

There are a number of things you can do that may help alleviate the symptoms of nausea and decrease the risk of vomiting.

- Eat little and often and avoid having large meals.
- Some patients find that they are more comfortable if they avoid food in the couple of hours before they receive treatment; some are more comfortable when they do not eat two or three hours after treatment. Find out what works best for you.

for a short walk if possible to get some fresh air.

- Anti – sickness tablets can be taken to help decrease the risk of nausea and vomiting. These are available over the counter or on prescription from your Doctor. Take these tablets thirty minutes to an hour before your Radiation Therapy or before eating as advised by the treatment team.
-

NAUSEA AND VOMITING AS A SIDE EFFECT OF RADIATION THERAPY

If you have any questions or problems at any time during your treatment, bring them to the attention of anyone on your radiation therapy treatment team – they are the best people to advise and help you.

USEFUL INFORMATION

Address: UPMC Whitfield Cancer Centre, Cork Road, Co. Waterford

Telephone: 051337444

Website: UPMCWhitfieldCancerCentre.ie

