

Nausea and vomiting

Nausea and vomiting (feeling and being sick) are side effects of some chemotherapy drugs and radiotherapy treatments. Anti-sickness drugs (referred to as anti-emetics) can be given to relieve these symptoms. There are different combinations of anti-emetics that can be given.

If the nausea or vomiting persists, please inform your doctor or nurse as a different strength or combination of anti-emetics may be more effective in relieving symptoms.

Depending on the chemotherapy drugs administered, most children will continue with oral anti-emetics for two or three days after they have been discharged home. Anti-emetics should then be stopped as the majority of children will not require them after this time.

Tips for relieving nausea and vomiting

- Take medications regularly as per instructions
- Take anti-emetics half an hour to an hour before meals
- Eat small regular meals rather than the occasional large meal
- Avoid spicy and fatty fried foods, as well as foods with strong flavours and smells
- Flat fizzy drinks such as lemonade and ginger ale may help
- Dry foods such as toast, crackers and plain biscuits can help relieve nausea
- Travel sickness wristbands may help
- Try to distract your child with another activity, such as a film or reading a book to them.

Please speak to your doctor, nurse or community nurse if you have any questions.