

Nausea Management

Nausea is an unpleasant side effect of cancer treatment. It can occur either before, during, or after chemotherapy, radiation, or other medication usage. Nausea is typically managed by your child's medical team through use of anti-emetic medications. However, there are additional strategies that can be used to help alleviate treatment-related nausea.

Lifestyle Strategies: Changes in eating and drinking routines while experiencing or at risk of experiencing nausea.

- Eat small portions, more frequently during the day
- Serve food cold or room-temperature
- Try drier foods (i.e. crackers, pretzels, cereal)
- Avoid foods that are spicy, sweet, greasy, or have strong smells
- Do not lie down flat after meals
- Drink small sips of clear fluids between meals

Relaxation Strategies: Techniques that help regulate the body and reduce nausea sensations. Can be implemented alone or with assistance from your psychosocial provider.

- Diaphragmatic breathing (Belly Breathing)
- Guided imagery
- Progressive muscle relaxation
- Hypnosis
- Biofeedback
- Phone/Tablet Relaxation Apps (see our Apps handout)

Complementary Strategies: Eastern medicine and holistic health practices designed for nausea management. Available through Zakim Center of Integrative Therapies (617-632-3322 or email Zakim_Center@dfci.harvard.edu.)

- Acupuncture/Acupressure
- Aromatherapy