

# *Nausea and Vomiting*


## *NET Tip Sheet*

*Nausea and vomiting can be caused by chemotherapy, radiation therapy, somatostatin analogues, bowel obstruction and NETs themselves. The following resource provides tips to manage nausea and vomiting. Please note, these tips may not work for everyone. If symptoms persist, contact your doctor.*

### **Lifestyle Tips<sup>(1, 3, 4)</sup>**

- Try and have small, frequent meals (every 2-3 hours).
- Avoid an empty stomach as this can worsen nausea.
- Avoid cooking smells by opening a window while cooking.
- When feeling well, cook extra food and freeze in meal portions for when you don't feel well.
- If your appetite is poor and you are struggling to eat, avoid drinking fluids at meal times.
- Eat foods that are at room temperature or cold, these have less odour and may be more appealing and better tolerated.
- Avoid your favourite foods so you don't associate these with nausea and vomiting in the future.
- Avoid lying down 1 hour after eating.

### **Eating and Drinking Tips<sup>(1,2, 3, 4)</sup>**

- Peppermint leaf and ginger root  may help with nausea and vomiting.
- Try eating bland, dry starchy foods such as crackers toast, lightly salted potato chips, mashed potato or rice.
- Avoid strong flavours such as onion, garlic and spicy foods.
- If drinking is difficult, try sucking on ice or frozen fruit.
- Eat when you feel you are able to eat.
- Hydration is important, try and drink enough so your urine is pale in colour.

### **Tips In Case You Vomit<sup>(1)</sup>**

- Make sure to rinse your mouth with water after vomiting to help protect your teeth.
- Try and avoid milk and carbonated drinks for an hour after vomiting. These drinks can trigger vomiting.
- Ease yourself back into eating after vomiting, start off with smaller portions and gradually increase as tolerated.

*This tip sheet is just a guide, for more personalised information contact a dietitian.*

#### References

1. Cancer Care, Ontario, *How to manage your: Nausea and Vomiting* 2016
2. Tara Whyand, Phillipa Davies, & Caplin, *Food and Neuroendocrine Tumours*, The NET Unit, Royal Free Londond Foundation Trust 2014
3. Leyden, *Neuroendocrine Tumours: A guide for patients and carers*, Unicorn Foundation Australia 2015
4. Caley Schnaid, Erin Kennedy, *Nutrition and Neuroendocrine Tumours*, Unicorn Foundation Australia, 2017