

# Tips for fighting nausea

## Nourish Spotlight

### NAUSEA

Nausea is a common side effect of cancer and its treatment. Whether you experience nausea on its own or with vomiting, it is important to tell your healthcare team about it.

Nausea can lead to poor nutrition and weight loss. It is important to take your anti-nausea medications exactly as prescribed by your doctor. If you have questions about how to take your medications and/or they are not helping, talk to your healthcare team.

#### What causes nausea?

CANCER	CONSTIPATION
CANCER TREATMENT	DEHYDRATION
MEDICATION	ANXIETY
	PAIN



## Ginger Mint Tea

#### Ingredients (2 servings)

- 1 piece of fresh ginger with peel (3 cm)
- 2 cups water
- 2 tea bags (black or green tea)
- ½ cup fresh mint leaves

#### Preparation

1. Bring ginger and water to a boil.
2. Remove from heat and add tea bag and mint leaves.
3. Cover and let steep for 15 minutes.
4. Pour through a strainer.

*Serve warm or cold (chill in fridge or add ice cubes). Add honey or sugar to taste just before serving.*



## Here are some tips that can help lessen nausea:

### OPTIMIZE FLUIDS

- ✓ Aim for 6–8 cups (1½–2 litres) fluid per day.
- ✓ Separate fluids from solids. You may find it easier to have fluids 30 minutes before a meal.
- ✓ Check *Hydration Tips* for best fluid choices.

### EAT WHEN YOU CAN

- ✓ Try to eat or drink something every 2–3 hours to keep up your strength.
- ✓ Eat before you feel hungry as hunger can sometimes make you feel more nauseated.
- ✓ Eat slowly and in a relaxed environment.
- ✓ Save your favourite foods for when you feel better.

### SIT UPRIGHT FOR AN HOUR AFTER EATING

- ✓ Some people find it helpful to walk around. If you need to lie down, prop yourself up on a few pillows.

### KEEP MOUTH FRESH

- ✓ Gently brush your teeth. If you have mouth sores rinse with homemade baking soda rinse. **BOX 1**
- ✓ Suck on a hard candy like lemon, ginger, or mint.
- ✓ Try citrus flavours like orange and lemon, which may help with bad taste. Avoid these if you have mouth sores.

### AVOID STRONG SMELLS

- ✓ Choose colder or room temperature foods.
- ✓ Drink fluids through a straw or from a mug with lid.
- ✓ Get some fresh air.
- ✓ Ask someone to prepare meals for you or buy already prepared meals.

### Recipe links

🔗 [Chicken Broth Bread Gnocci](#) 🔗 [Coconut Granola](#) 🔗 [Chicken Ginger Broth](#)



#### Box 1: Homemade Baking Soda Rinse

1 teaspoon salt  
1 teaspoon baking soda  
4 cups lukewarm water

ENDORSED BY

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#### DISCLAIMER

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