

Nausea and Vomiting (sick to your stomach/throwing up)

作嘔和嘔吐 (感到胃部不適/想嘔吐)

Nausea (feeling like you are going to throw up) and vomiting (throwing up) may be caused by:

- cancer
- cancer treatments such as:
 - chemotherapy
 - radiation to some areas of the body
- medications
- food smells, perfumes and other odors.

Preventing nausea is important. It is more difficult to stop it once it starts. Taking your medications as prescribed is very important. If you can not afford to buy these medications talk to your nurse.

Tips to help with nausea:

- Choose cold or room temperature foods. They may be easier to eat since they don't smell as much as hot foods.
- Limit your intake of fried, spicy or very sweet foods.
- Stay away from the kitchen when food is being prepared. Ask your friends and family to help with food preparation.
- Drink through a straw to reduce the smell of your drink.
- Sip on fluids throughout the day to prevent dehydration. This is very important if you are vomiting.
- Eat smaller amounts more often. You may feel more nauseated when your stomach is empty.

以下的原因可能引致作嘔(感覺想嘔吐) 和嘔吐:

- 癌症
- 癌症治療，例如：
 - 化學療法
 - 身體某部位的放射療法
- 藥物
- 食物的氣味，香水或其他氣味。

預防作嘔是很重要的。一旦開始嘔吐便很困難停止。服用醫生處方藥物是非常重要的。如果不能負擔購買這些藥物，可告知你的護士。

幫助抑制作嘔(想嘔吐) 的提示:

- 選擇凍或室溫食物。這些溫度的食物比煮熟的食物氣味較少而且較容易進食。
- 少食油炸，辛辣或過甜的食物。
- 烹煮燻菜時不要走近廚房。請求朋友及家人為你準備飯餐。
- 使用飲管啜飲可減低飲品的氣味。
- 如果你有嘔吐要整天啜飲流質可預防身體脫水。這是非常重要。
- 小食多餐。胃空饑餓時，你可能會更想嘔吐。

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- Eat dry starchy foods such as crackers, plain rice, toast and pretzels.
- Sip ginger tea or gingerale.
- Avoid lying down for 30 to 60 minutes after eating.
- Get some fresh air. An open window or a fan will help move the air and remove odors.

Managing Nausea

Your doctor may prescribe one or more medications to control nausea. Here are a couple of things to remember:

- Some of the medications are used to prevent nausea. Others are used to treat nausea once you have it.
- It is important to use the medications prescribed for you.

Call your nurse or doctor if you:

- feel your nausea medication is not working. The amount or type of medication may need to be changed.
- are unable to keep down fluids.
- have diarrhea or cramping with your nausea.
- are not sure how or when to take your medication. You could also call a CancerCare Manitoba pharmacist at 787-1902.

- 食乾而含有澱粉質的食物，例如：疏打餅乾，白飯，烤乾麵包，及脆餅乾 (pretzels)。
- 啜飲薑茶或薑味汽水。
- 進食後的三十至六十分鐘避免卧下。
- 呼吸新鮮空氣。打開窗戶或使用風扇可令空氣流通及除去氣味。

控制作嘔/嘔吐

你的醫生可能會給你處方一種或多種藥物用以控制嘔吐/作嘔。下列是一些要點：

- 一些藥物的作用是預防作嘔/嘔吐。另一些藥物的作用是治療作嘔/嘔吐。
- 服用處方藥物是很重要。

如有以下情況，致電你的護士或醫生：

- 覺得止嘔藥物沒有產生效用，你可能要改服食藥物的份量或轉換服食其他藥物。
- 不能保留水份在體內。
- 腹瀉或嘔吐時抽筋。
- 不清楚怎樣或應在何時服食藥物。你可致電詢問 CancerCare Manitoba的藥劑師 787-1902。