

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

Pákamomachion éko pákamowin (ká kisawaskatáyeyan ta pá pákamoyan)

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.

Kápákamocémachoyan (káwí pákamoyan) éko pákamowin (ká pákamot awina) takí oci ispaniw óma kisáspin:

- mancosiwáspinéwin
- ká natawitániwak anima ká mancósiwáspinéyan:
 - maskikíya ká ápataki
 - ká manáskisikáték ki miníwin
- maskikíya
- mícim ká pasowan minákona éko kotaka kékwána ká minákoki

Kístan anima ta nakáskaman éká ta pákamocéwamacihoyan. É ánimak oti ta natawitániwak ispík mácipaniki anima ákosiwín. Píko ta otinam anihí ki maskikíma kákí isi wítamákawiyani. Kisáspin mwác ki tépi tipahén anihí itowa maskikíya kika wítamawáw ana maskikíwiskéw.

Kékí isi wícitáyan óma ta nakáskaman pákamocéwáspinéwin:

- Ká takastéki míciwina míci. Nawac ékwani wétanwa ta mícínaniwaki éká wésa é minákoki.
- Káwina wésa mistahi míci ká sásápiskisikátéki mícima wéká wésá ká síwispakoki.
- Káwina nóci ké minahosowikamikok mékwác é piminawasonániwak. Kákwécim awiyak ta koyácitamásk anihí ki míciwina.
- Ápacita anihí ká ápataki ta oci wíkwataman anima kiminikwéwin.
- Tápitawi maminikwési kápékísik éká ta pákwatámamacihoyan. píko ékosi ta itótaman kisáspin otina kiwi pápákamon.

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

Pákamomachion éko pákamowin (ká kisawaskatáyeyan ta pá pákamoyan)

- Eat smaller amounts more often. You may feel more nauseated when your stomach is empty.
- 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.

- Apísís nawac má mícisosi. Apok étoke nawac kikawí nóte pákamocéwamachion éká náspic kékwán míciyani.
- Nawac páscé pakwésikanisak éko wápanóminak ta mowacik.
- Wíkésápoy kikakí minikwán.
- Pitama nómakés pého mwés pimisinan óma ispiík kákí kiskwá mícisoyan.
- Wanawípi acinaw é minokísikák. Páskitékota wásenamowin wéka kika pimipaniyáw pawástayikan ta wanawímákok.

Ké itotanan óma oci káwí pákamocémachoyan

Ana maskikíwininiw kikakí mínik nanatok maskikíya ta wícihikoyan éká wésa ta pá pakamocémachoyan. Óki kékwána kákwé kiskisi:

- Átit anihí ta wícihikoyan éká wésá ta pákamocémachoyan. Átit anihí ta wícihikoyan kisáspin óma ásáy ékosi ki titáspinán .
- Piko mwéci ta itápacitáyan anihí maskikiya kákí mínikawiyán.

Kika wítamawáwak anihí maskikíwininiwak kisáspin:

- ki titénitén anihí maskikíya kákí mínikawiyán éká é atosképaniki. inikok wéka itowa anihí ká mínikawiyán maskikíya takí méskwatastániwak.
- néyáp ki pákamocétotén kékwána ká minikwéyan.
- ki sásáposon wéka ki yá ocipitikon óma káwí pákamocémachoyan.
- móna ki kiskéniten tánisi éko tánikok óki maskikíya takí otinaman wéka ta ápacitayan. Apók kikakí kaki itáw ana ká atawákét maskikíya anté isi Cancer Care Manitoba 787-1902.