



National PANCREATIC CANCER *Canada* Foundation

Nausea

It is not uncommon for people with pancreatic cancer to experience nausea for many different reasons. Some chemotherapy drugs, radiation therapy as well as certain prescribed medications can also cause nausea.

Your diet should focus on easily tolerated foods that are usually bland, low in odour and lower in fat and fibre.

Getting enough fluids is important to prevent dehydration.

If nausea is severe, please see your doctor.

- Eat small, frequent meals of easily digestible food.
- Rooms that are too warm or stuffy may make nausea worse.
- Try dry starchy foods such as crackers or dry toast, especially if it has been several hours since your previous meal or snack.
- Choose foods that are cold or room temperature. They can have fewer odors and be more easily digested.
- Avoid greasy, spicy, hot, or very sweet food.
- Avoid your favourite foods when you are nauseated to prevent permanent dislike for this food.
- Slowly sip cold, clear juices, ginger ale, or other carbonated beverages.
- Restrict fluids with meals.
- Try peppermint or ginger tea or sucking a candy flavored with peppermint, wintergreen or lemon can help, especially if you have unpleasant tastes in your mouth.
- Try high calorie medical nutritional supplements to help get calories and nutrients without filling up.*
- Try relaxation techniques.
- Wear loose clothing.
- Talk to the doctor about anti-emetic (anti-nausea) medications. Some need to be taken 30 minutes before eating or before or after a treatment session.

Helpful hints for the Caregiver

- Offer small amounts of food and beverages often
- Allow your loved one to say “no” but make sure they stay hydrated
- Keep track of the amount of fluid they take each day
- Consult a doctor if they continue to vomit when taking fluids
- Cook when your loved one is not home so they are not exposed to odours. If this is not possible please open a window

- If friends or family offer to help, have them cook a meal at their home
- Remove all garbage as it may contain odours that can make nausea worsen

* A **Recommended Cookbook** is "Goes Down Easy" by Elise Mecklinger with the Princess Margaret Hospital Dieticians. It provides recipes to help you cope with the challenge of eating during cancer treatment. There are sections dedicated to dealing with diarrhea, nausea and loss of appetite.

* Please note: This information is not intended to be substitute for professional medical advice, diagnosis or treatment. If you are ill, or suspect that you are ill, see a doctor immediately

*Information provided by Molly Land of EHow/LiveStrong , AllSands Health. PMH Dieticians and Pan Can Action Network