

Nausea and Vomiting

Chemotherapy and radiation therapy can cause nausea and vomiting. The amount of nausea and vomiting your child may experience depends on the treatment they are receiving.

- Acute nausea may occur right away
- Delayed nausea may occur hours or days after completing chemotherapy
- Some chemotherapy medications may cause both to occur
- Anticipatory nausea may occur for some children/adolescents when thinking about coming to the hospital or clinic

Suggestions to lessen nausea and vomiting

- Nausea and vomiting can be eased by medicines called *antiemetics* (anti-nausea medications).
- Sea-bands are wristbands with a small button, which put pressure at a point on the wrist, which may help control nausea.
- Relaxation techniques and distraction methods such as deep breathing, telling a story, or watching a movie may also help relieve nausea.
- Try giving small sips of cold, clear liquids.
- Try to eat small meals throughout the day.
- Avoid strong odors or spicy foods. The smell of food and perfumes may make your child feel sick.

When to call

- Nausea or vomiting that does not stop after taking anti-emetics
- If your child has signs of dehydration such as:
 - ❖ a decrease in urine or no urination for 6-8 hours
 - ❖ for a baby or toddler, fewer than 4-6 wet diapers a day
 - ❖ not able to eat or drink for 6-8 hours while awake
- If you see blood in the vomit

Contact Us

For patient care assistance, please call the following phone numbers:

- Jimmy Fund Clinic (617) 632-3270
Business Hours 8 a.m. to 5 p.m., Monday through Friday
- Page Operator (617) 632-3352
Off hours: weekdays after 5 p.m., holidays, and weekends
Page pediatric hematology/oncology fellow on call
- Life Threatening Emergencies dial 911