

# Nausea and Vomiting with Cancer Treatment

Nausea is a sick, uncomfortable feeling in your stomach that often comes before vomiting. Nausea and vomiting are possible side effects of cancer treatments. Some people are more affected by nausea and vomiting than others.

Chemotherapy medicines can cause nausea and vomiting. Medicines to prevent nausea are often given with chemotherapy. Radiation therapy to the chest, stomach or back may also cause nausea and vomiting. Talk to your doctor or nurse if you have problems.

Nausea and vomiting may also occur from other medical problems.

## What to Do

It is best to treat nausea early. This can help prevent problems caused by prolonged nausea or too much water loss called dehydration. Signs of dehydration include:

- Dry mouth
- Cracked lips
- Dizziness
- Dry eyes

Call your doctor or nurse if you are too nauseated to drink liquids or if you have more than two episodes of vomiting in 24 hours. Do not wait.

# **Lalabbada iyo Matagidda ka timaadda Daaweynta Kansarka**

Lalabbo waa jirro, dareen aan raaxo lahayn oo caloosha kaa haya oo badanaa timaadda matagga ka hor. Lalabbo iyo matagid waa saameyno liddi ah oo suuragal ahaan ka yimaada daaweynta kansarka. Dadka qaarkood waxaa in ka badan dadka kale saameeya lalabbada iyo matagidda.

Daawooyinka kiimikada ah waxay sababi karaan lalabbo iyo matagid. Daawooyinka looga hortago lalabbada waxaa badanaa la isla siiyaa kiimikada la isku daaweynayo. Shucaac isaga daaweynta laabta, caloosha ama dhabarku wuxuu keeni karaa lalabbo iyo matagid. Takhtarkaaga ama kalkaalisada la hadal haddii aad dhibaato qabto.

Lalabbada iyo matagiddu waxay sidoo kale ka dhici kartaa dhibaatooyin daawooyin kale.

## **Maxaa la Sameeyaa**

Waxaa ugu wanaagsan in waqti hore lalabbada la daaweeyo. Taasi waxay gacan ka geysan kartaa ka hortagidda dhibaatooyinka ay keento lalabbo waqtigeedu dheeraado ama biyo fara badan oo jidhka ka luma oo loo yaqaanno fuuqbax. Calaadaha fuuqbaxa waxaa ka mid ah:

- Afka oo ku engega
- Faruuryada oo ku dillaaca
- War-wareer
- Indho engegan

Takhtarkaaga ama kalkaalisada wac haddii aad ugu lalabbooneyso in aad cabitaan cabto ama haddii aad wax ka badan labo goor oo matagid ah 24 sacadood gudahooda isku aragto. Ha sugin.

## **Eating and Drinking Tips**

During this time, you may eat and drink anything that you like. You may find these tips helpful:

- Eat only a light meal before chemotherapy.
- Eat small meals every few hours instead of 3 bigger meals each day.
- Drink at least 6-8 glasses of liquids each day.
- Avoid drinking liquids with caffeine such as soft drinks, coffee and tea.
- Use popsicles, mints, tart hard candies, citrus flavored drinks or ginger ale. They may help get rid of the bad taste in your mouth after chemotherapy.
- Eat bland foods such as saltine crackers, toast, skim milk, sherbet, fruit, baked potatoes or plain vegetables.
- Avoid spicy, fatty, greasy or fried foods.
- Let someone else cook to avoid smelling strong odors.
- Avoid alcohol while taking medicine for nausea and vomiting.
- Avoid lying down right after eating. Sit up or rest with your head raised on pillows.

## **Talooyinka wax Cunidda iyo wax Cabidda**

Waqtigaan, waxaa laga yaabaa in aad cunto aadna cabto wax kasta oo aad jeceshahay. Waxaa laga yaabaa in aad talooyinkan u aragto kuwo waxtar leh:

- Cun oo keliya cunto fudud kiimiko isku daaweynta ka hor.
- Cuno cuntooyin yar-yar dhowrkii saacadoodba mar halkii aad ka cuni lahayd 3 cunto oo waaweyn malain kasta.
- Cab ugu yaraan 6-8 koob oo cabitaanno ah maalin kasta.
- Ka fogow cabidda cabitaanno kafeyiin leh sida cabitaannada fudud, qaxwada iyo shaaha.
- Isticmaal jalaato, miinto, nac-nac kuleyl, cabitaanno dhadhan liin leh ama sanjabiil leh. Waxaa laga yaabaa in ay kaa caawiyaan in ay kaa kaxeeyaan dhadhanka xun ee aad afka ka daremeyso marka kiimiko lagugu daaweeyo ka dib.
- Cun cuntooyin aan dhadhan lahayn sida qarjawleyaasha cusbada leh, rooti duban, caano badhax ah, sharbeeti, furuto, bataati la dubay ama khudrad aan waxba lagu darin.
- Ka fogow cuntooyinka basbaaska leh, dufanka leh, xaydha leh ama la shiilay.
- Qof kale ha kuu kariyo si aad uga fogaato urta xooggan ee cuntada.
- Ka fogow aalkolo inta aad qaadanayso daawooyinka lalabbada iyo matagidda.
- Ka fogow seexashada isla marka aad cunno cunto. Fadhiiso ama is kala bixi iyadoo madaxaagu barkin ku tiirsan yahay.

## **Medicines to Prevent Nausea and Vomiting**

Medicines can help prevent nausea and vomiting. Take all medicines as ordered by your doctor.

- Tell your doctor or nurse if the medicine is not helping you or if you cannot keep the pills down. There are other medicines that may work better.
- You may feel weak, dizzy or sleepy while taking medicine for nausea and vomiting.

## **Other Ways to Help**

- Slow, deep breathing through your mouth or swallowing may help nausea pass.
- Avoid unpleasant sights, sounds and smells that may trigger nausea.
- Brush your teeth and rinse your mouth after each meal and before meals if you have a bad taste in your mouth.
- Open a window to get fresh air.
- Avoid exercise and sudden movements that may make you dizzy.
- Relax with music or activities you enjoy.
- Sit up or turn on your side when vomiting. This prevents fluid from getting into your lungs.

**Talk to your doctor or nurse if you have any question or concerns.**

## **Daawooyinka looga Hortago Lalabbada iyo Matagidda**

Daawooyinku waxay kaa caawin karaan ka hortagidda lalabbada iyo matagidda. Daawooyinka oo dhan u qaado sida uu takhtarkaagu ku faro.

- Takhtarkaaga ama kalkaalisada u sheeg haddii daawadu aysan ku caawineynin ama haddii aadan kaniiniyada liqi karin. Waxaa jira daawooyin kale oo laga yaabo in ay si fiican kuugu shaqeeyaan.
- Waxaa laga yaabaa in aad dareento daciiftinnimo, war-wareer ama hurdeysanaan inta aad daawooyinka lalabbada iyo matagidda qaadanayso.

## **Siyaabo kale oo lagugu Caawinayo**

- Neefsasho gaabisa, oo qoto dheer oo afkaaga soo maraysa ama liqidda ayaa laga yaabaa in ay kaa caawiyaan in lalabbadu kaa tagto.
- Ka fogow aragtida aan fiicneyn, codadka iyo urta laga yaabo in ay lalabbo kuu keenaan.
- Ilkaha cadayo cunta kasta dabadeed iyo horteedna luq-luqo haddii dhadhan xun aad afka ka dareemeyso.
- Dariishad furo si ay hawo cusub kuugu soo gasho.
- Ka fogow jir dhis iyo dhaq-dhaqaaq lama filaan ah oo laga yaabo iney kaa dhigaan mid war-wareera.
- Isku kala dabci muusiko ama hawlo aad ku raaxaysato.
- Fadhiiso ama dhinaca isu rog markaad matagayso. Tani waxay dheecaanka ka ilaalineysaa in uu sanbabada kaa galo.

**La hadal dhakhtarkaaga ama kalkaalisada haddii aad wax su'aalo ama walaac ah qabtid.**

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