

# THERE ARE WAYS TO PREVENT NAUSEA AND VOMITING FROM CHEMOTHERAPY AND IT STARTS WITH A CONVERSATION



**Nausea and vomiting are side effects of chemotherapy that may be prevented.** It's definitely not something that should get in the way of your chemotherapy. It's so important to have frequent and honest conversations with your healthcare team. Talking to them about chemotherapy side effects can lead to better care of your nausea and vomiting. In turn, that could lead to an easier journey through chemotherapy treatment.



## GET THE CONVERSATION STARTED



Your healthcare team is here to help.

**At your next appointment, bring this page with you and take notes as you talk to your healthcare team:**

### BEFORE STARTING CHEMOTHERAPY

What are the possible side effects of my chemotherapy?

Considering the type of chemotherapy I am receiving, how likely is it that I will experience nausea and vomiting?

Do I have any risk factors that might make me more or less likely to have nausea and vomiting from chemotherapy?

How do you decide what treatment to use to prevent my nausea and vomiting?

### PREVENTING NAUSEA AND VOMITING FROM CHEMOTHERAPY

This section includes questions you can ask your healthcare team about medications for the treatment of nausea and vomiting from chemotherapy.

Which anti-nausea and vomiting treatment do you think I should be taking and why?

When should I start taking my treatment?

How should I take my treatment?

With this treatment, what should I expect to happen?

What are some of the possible side effects of my treatment?

If I am feeling sick, can I call you? At what point should I call?

If I do have nausea and/or vomiting, what should I do?

What information would be helpful for you to have if I do experience nausea and vomiting from chemotherapy?

Are there certain foods or drinks that may help or that I should avoid if I feel nauseous or vomit?

How will I know my treatment is working?

Besides taking my treatment, is there anything else I can do to help prevent nausea and vomiting from chemotherapy?



**YOU DON'T NEED TO SUFFER NEEDLESSLY—  
NAUSEA AND VOMITING FROM  
CHEMOTHERAPY MAY BE PREVENTED**

Talk to your oncologist, nurse, or pharmacist about prevention to make sure you get the best possible care.



**GET THE CHEMOTHERAPY SIDE EFFECTS TRACKER**

Easily track your symptoms so you can let your healthcare team know what you're experiencing.

Download it at [www.TimeToTalkCINV.com](http://www.TimeToTalkCINV.com)



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