



Integrative Therapies Program for
Children with Cancer
Herbert Irving Cancer Center, 7th Floor

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COPING WITH NAUSEA/VOMITING

General Guidelines That Help:

- Feelings of fullness may stimulate or enhance nausea; therefore, offer frequent and small meals throughout the day instead of three large meals.
- Offer liquids throughout the day, but keep them at a minimum at meal times. Liquids may fill up your child and/or cause feelings of fullness or bloating and he/she may not want to eat solid food.
- Serve foods at cold or room temperature; hot foods may stimulate nausea.
- Hunger can enhance feelings of nausea; small meals frequently can prevent this.
- If your child is vomiting, offer 1 TSP of fluids every 10 minutes and gradually increase that amount to 1TBSP every 20 minutes, 2 TBSP every 30 minutes-ONLY PROCEED IF CHILD STOPS VOMITING
- Help your child rest sitting up after a meal to allow for digestion before engaging in activities or lying down.
- If therapy makes your child nauseated try not to offer food 1-2 hours prior to therapy.
- Crackers and toast in bed may alleviate feelings of nausea in the morning.
- Avoid foods with strong odors, perfumes, and any other aromatic item
- Avoid foods that are greasy, fatty, fried, extremely sweet or spicy.
- Rinse your child's mouth out before and after meals
- A soft diet may help vomiting. Contact a nutritionist for more information.
- Call your child's physician or nurse practitioner if the vomiting persists

Foods that could help:

- Whole wheat dry toast, crackers, salty chips, pretzels
- Yogurt
- Sherbet
- Angel food cake
- Oatmeal or Cream of Wheat
- Soft, bland fruits and vegetables (Canned peaches, pureed vegetables)
- Sugar-free hard candies may alleviate bad tastes in the mouth
- Popsicle's, Flavored Ice Chips
- Apple, cranberry or grape juice
- Fruit nectars, lemonade
- Cold melon
- Fruit smoothies (See below for recipes)
- Jello
- Applesauce
- Clear broth, miso soup and milk-free items for vomiting

Fruit Smoothy Recipes

1 cup milk

1 cup ice-cream or yogurt

1-2 cups of bananas

1-2 cups strawberries

Put all ingredients in a blender. Blend until the flavor and texture your child likes. You can add other fruits for variety of flavor. Raspberries, mangos, and kiwi are great additions.

Herbs and Complementary Therapies that may help:

**The use of herbs is not recommended. The information is provided because many have inquired about these particular agents. Although, the following herbs have not been found to be harmful in small studies, there is still limited information available about their use in children in conjunction with chemotherapy. It is imperative that the use of herbs be discussed with your child's physician before proceeding with any of these therapies.*

- Some aromas may help alleviate nausea. Orange and tangerine citrus aromas help some patients.
- Herbal teas. If hot drinks are irritating to your child, they can drink these teas cold or at room temperature. Peppermint, slippery elm, fennel, chamomile, and ginger are suggested teas.
- Ginger has been shown in well-designed clinical trials to reduce nausea in patients. Tea or supplement form may help. Ginger should not be used if your child has a low platelet count.
- Acupressure- The PC6 acupressure point has been shown to alleviate nausea and vomiting. See Carol Ann's Library Staff for further information. Acupressure bands are available in some health food stores.
- Imagery and/or mediation can alleviate nausea and vomiting
- Chamomile, lemon balm and lime flowers are relaxing herbs for emotional nausea.
- Seasonings- Cinnamon is a soothing herb that may help alleviate nausea/vomiting. Add cinnamon as a flavor to any food.
- Massage Castor oil over the stomach
- Chamomile Tea Compress- Make a strong tea (1/2 cup dried or 1/4 cup fresh chamomile flowers) to 1 quart of water. Generously dampen a cloth with the hot tea and apply to your child's stomach. When the cloth cooled, remove immediately and rewet the cloth with hot tea.