

Nausea and Vomiting (sick to your stomach/throwing up)

Nedwamacihowin ekwa Paahpaakomowin

Nausea (feeling like you are going to throw up) and vomiting (throwing up) may be caused by:

- cancer
- cancer treatments such as:
 - chemotherapy
 - radiation to some areas of the body
- medications
- food smells, perfumes and other odors.

Preventing nausea is important. It is more difficult to stop it once it starts. Taking your medications as prescribed is very important. If you can not afford to buy these medications talk to your nurse.

Tips to help with nausea:

- Choose cold or room temperature foods. They may be easier to eat since they don't smell as much as hot foods.
- Limit your intake of fried, spicy or very sweet foods.
- Stay away from the kitchen when food is being prepared. Ask your friends and family to help with food preparation.

Nedwamacihowin (paakoomacihowin) ekwa paakomowin (paahpaakomowin) amihiwe naanta kaa-oci-inamacihoyan:

- kihci-aahkosiwin e-naaskakoyan
- kihci-aahkosiwinik natawicikewinik ihimaa oci:
 - kihci-aahkosiwinik mashkihki kaa-aapatak
 - cahkaasikewinik paahpakii paahpahkaan miyawik
- mashkihkiikewinan
- miiciman kaa-ishimaakwahkin, minaakohonan kaye kotakiyan kecoonan kaa-ishimaakwahkin.

Kihciinentaakwan ci-nakaanikaatek netwamacihowin. Aaniman ci-kipihitnikaatek aasha kaa-paakaci-maatamacihcikaatek. Maawac kihciinentaakwan mayaam ci-piminishahaman kaa-ishi-onahatamaakooyan ci-ishi-otaapinamanin kimashkihkiiman. Kiishpin ekaa tepitipahamanin oneniwan mashkihkiin wiitamaw mashkihkiiwihkwe.

Ke-wiicihikoyanin Netwamacihoyan:

- Miicinan kaa-tahkaakin miiciman. Nawac ta-wetanoon ci-miiciyan ekaa wiin iko e-ishimaakwahkin kaa-kishitekin miiciman.
- Ikaawin osaam mishtahi miicinan sahsaapikwaacikanan, shiiwanikanan kaye shiiwaakin miiciman.
- Niikate ayaan kaa-tashi-kiishiteponaaniwak. Kawecimik kidoodemak ekwa kitibenimaakanak ci-wiicihikwaa kwayaatinaman miicim.

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- Drink through a straw to reduce the smell of your drink.
- Sip on fluids throughout the day to prevent dehydration. This is very important if you are vomiting.
- Eat smaller amounts more often. You may feel more nauseated when your stomach is empty.
- Eat dry starchy foods such as crackers, plain rice, toast and pretzels.
- Sip ginger tea or gingerale.
- Avoid lying down for 30 to 60 minutes after eating.
- Get some fresh air. An open window or a fan will help move the air and remove odors.

- Wiikwacikan aapacihtoon kekoon minikweyan ekaa ci-minaataman.
- Paahpakii wiikwatan nipi kaa-pimi-kiishikaak ekaa ci-pahkaapaakweyan. Kihciinentaakwan ohowe ci-minihkweyan nipi kiishpin kaa-paahpaakomoyan.
- Paahpakii wiihsinin sakonak. Awashime ka-wii-paakomoowamaci kiishpin ekaa sakonak wiihsiyen.
- Miicinan kaa-paahtekin miiciman, pishktesak, manoominak ekwa kaapisikanan.
- Minihkwen ginger tii kaa-ishinihkaatek kaye shiiwaaboo ginger ale kaa-ishinihkaatek.
- Ikaawin pimishinin 30-60 tipahikanens ahpii kaa-ishkwaa-wiihsiniyan.
- Tahkaashimoonin. Paahkitenan waahsecikan naanta takinooweyaasicikan aapacihtoon ci-wepaahsicikeyan.

Managing Nausea

Your doctor may prescribe one or more medications to control nausea. Here are a couple of things to remember:

- Some of the medications are used to prevent nausea. Others are used to treat nausea once you have it.
- It is important to use the medications prescribed for you.

Ke-ishi-pamihtooyan Nedwamacihowin

Mashkihkiwinini ka-miinik peshik mashkihkiini naanta awashime ke-aapacihtooyan wii-paakoomomacihoyan. Oneniwan aatiht ci-kanoohkentaman:

- Aatiht mashkihkiin aapatanoon ci-nakaanikaatek netwamacihowin. Kotakiyan tahsh wiin ci-natawicikaatek kaa-aahkosiiwishkaakoyan paakomowin.
- Kihciinentaakwan ci-aapacihtooyan mashkihkiin kaa-miinikooyan.

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Call your nurse or doctor if you:

- feel your nausea medication is not working. The amount or type of medication may need to be changed.
- are unable to keep down fluids.
- have diarrhea or cramping with your nausea.
- are not sure how or when to take your medication. You could also call a CancerCare Manitoba pharmacist at 787-1902.

Kanoos mashkihkiwihkwe naanta mashkihkiwinini kiishpin:

- kaa-inamacihoyan ekaa mashkihki kaa-anohkiimakak. Naanta natawentaakwan ci-miishkotinaman kimashkihkiiman.
- ekaa kaakii-inishkaman nipiiwiyahiin.
- kaa-kishiwashkateyan naanta kaa-waa-oci-pinikoshkaayan.
- ekaa kaa-kwayakwentaman ke-ishi-otaapinaman kimashkihkiiman. Amihomaa kaye ke-kii-ishi-kitoyan kihci-aahkosiwin kaa-oci-naakatawentaakwak Manitoba mashkihkiin kaa-ataawaaket at 787-1902.