

# 癌症治疗造成的恶心和呕吐

## 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. These medicines can be given before treatment or during treatment. Your doctor will tell you when you should take these medicines. 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
- Less urine output
- Very dry skin

**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.**

恶心是常在呕吐前发生的胃部难受、不舒服的感觉。恶心和呕吐是癌症治疗时可能发生的副作用。有一些人的恶心和呕吐比其他人严重。

化疗药物可引起恶心和呕吐。防恶心的药物时常和化疗一起开具。化疗前或化疗中均可服用这些药物。您的医生将会告诉您应当何时服用这些药物。对胸部、胃或后背的放疗也可能引起恶心和呕吐。如有问题，请告知您的医生或护士。

恶心和呕吐也可能由其他医学问题引起。

### 该做什么

治疗恶心及早为好。这可有助于避免由长期恶心或失水过多（即脱水）而引起的问题。

脱水症状包括：

- 嘴干
- 嘴唇干裂
- 头晕
- 眼睛发干
- 少尿
- 皮肤非常干燥

如果您太恶心而无法喝下液体，或如果您在**24**小时内呕吐超过两次，请打电话给您的医生或护士。请勿等待。

## 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 to 8 glasses of liquids each day.
- Limit 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.

## Medicines to prevent nausea and vomiting

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

- Make sure you know if your medicine should be taken with or without food.
- 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.

## 饮食提示

此段时间您可随意饮食。您可能会觉得以下提示有用：

- 化疗前少量用餐。
- 每天隔几个小时少食多餐而不要饱食三餐。
- 每天喝 6 至 8 杯液体。
- 限制含咖啡因饮品（如软饮料、咖啡和茶）的摄入。
- 请食用冰棍、薄荷糖、硬酸糖果、柑桔味饮料或姜汁饮料，这些食品可能会帮您除去化疗后口中的不良味道。
- 吃淡味食品，如撒盐饼干、吐司面包、脱脂牛奶、果子露、水果、烤土豆或无味蔬菜。
- 避免辛辣、高脂肪、油腻或油炸食品。
- 让别人烹调以避免闻到浓重气味。
- 服用抗恶心和呕吐药时请避免饮酒。
- 避免餐后立刻躺下，请坐起或将头靠在枕头上。

## 防止恶心和呕吐的药物

药物有助于防止恶心和呕吐。请按医嘱服用所有药物。

- 确保您知道所用药物是否应当与/不与食物一起服用。
- 如果药物对您没用或无法吞下药物，请告知您的医生或护士。其他药物可能更有效。

- You may feel weak, dizzy or sleepy while taking medicine for nausea and vomiting.

- 当服用防恶心和呕吐的药物时，您可能会觉得虚弱、晕眩或困乏。

## 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 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.

## 其他有用的方法

- 用嘴慢慢地深呼吸或吞咽可能会帮助克服恶心。
- 避免可能会引起恶心的不愉快景观、声音和气味。
- 如果嘴里有不良味道，请在每次饭后和饭前刷牙并嗽口。
- 开窗呼吸新鲜空气。
- 避免可导致眩晕的突然动作。
- 用音乐或您喜爱的活动进行放松。
- 呕吐时请坐起或侧卧。这样可防止液体进入肺脏。

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

**若有任何疑问或担心，请告知您的医生或护士。**