



It is common to feel sick during your treatment because of the disease itself, and side effects of the treatment. This can make eating unpleasant and difficult.

It is important for your treatment that you still try to eat as well as you can. This advice leaflet will give you ideas on what to eat if you are suffering from this problem.

Try the following:

- If you feel sick first thing in the morning then try some un buttered toast, plain biscuit or crackers.
- Try to keep away from cooking smells as this can bring on the nausea. Have foods that don't take much cooking, such as frozen meals heated up thoroughly in the microwave.
- Eat small amounts but often. Aim to eat something every few hours, even if it is just a plain biscuit and a glass of milk, or a small sandwich.
- A short walk in the fresh air may help to reduce the nausea.
- Try cold foods such as cold meats, sandwiches, biscuits with butter and cheese, and cold puddings such as ice-cream, mousse, and yogurt as these have less smell than hot foods.
- It can be very off putting if there is too much food on your plate so have a small portion to start with. You can always go back for more. This is very important if you are serving the food for someone else – your small portion and their small portion may be completely different.
- Greasy foods such as fish and chips may increase nausea. If this is the case try to grilled, boiled or baked food instead.
- If you find very sweet foods a bit sickly, try:-
  - sharp tasting fruits such as stewed apple or rhubarb with custard
  - Plain chocolate instead of milk chocolate
  - Drinks such as lemon or lime cordial that are not as sweet as orange or pineapple
- Foods containing ginger may help. Try ginger ale, ginger tea or ginger biscuits.
- If you find milk shakes too sweet, try a sharp tasting yogurt drink, fruit smoothie or a lemon and lime flavour milkshake.
- Have drinks at a different time from your meal.
- If your nausea does not settle then talk to your hospital doctor or GP and ask about anti-sickness tablets. If you are prescribed these then you need to take them regularly so that they prevent you from feeling sick.

If you have any queries or require further advice then please speak to your nurse / doctor or dietitian.