

癌症治療時的噁心和嘔吐

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.

噁心是常在嘔吐前發生的胃部難受、不舒服的感覺。噁心和嘔吐是癌症治療的可能副作用。有一些人的噁心和嘔吐程度比其他人嚴重。

化療藥物可引起噁心和嘔吐。防噁心的藥物時常和化療一起開具。化療前或化療中均可服用這些藥物。您的醫生將會告訴您應當何時服用這些藥物。對胸部、胃或後背的放療也可能引起噁心和嘔吐。如有問題，請告知您的醫生或護士。

噁心和嘔吐也可能由其他健康問題引起。

該做什麼

治療噁心及早為好。這可有助於避免由長期噁心或稱為脫水的失水過多而引起的問題。脫水症狀包括：

- 嘴乾
- 嘴唇乾裂
- 頭暈
- 眼睛發幹
- 少尿
- 皮膚非常乾燥

如果您太噁心而無法喝下液體，或如果您在 24 小時內嘔吐超過兩次，請打電話給您的醫生或護士。請不要等。

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.

飲食提示

此段時間您可隨意吃喝。您可能會覺得以下提示有用：

- 化療前少食。
- 每天隔幾個小時少食多餐而不要飽食三餐。
- 每天喝 6 到 8 杯液體。
- 限制飲用含咖啡因的飲料，如汽水、咖啡、茶等。
- 請食用冰棒、薄荷糖、硬酸糖果、柑桔味飲料或薑汁汽水。這些食品可能會幫您除去化療後口中不好的味道。
- 吃無刺激性食品，如撒鹽餅乾、吐司麵包、脫脂牛奶、果子露、水果、烤土豆或普通蔬菜。
- 避免辛辣、脂肪過多、油膩或油炸食品。
- 讓別人烹調以避免聞到濃重氣味。
- 服用抗噁心和嘔吐藥時請避免飲酒。
- 避免餐後立刻躺下。請坐起或將頭靠在枕上。

防止噁心和嘔吐的藥物

藥物有助於防止噁心和嘔吐。請按醫囑服用藥物。

- 確保您知道您的藥物是否應當與食物或不與食物一起服用。
- 如果藥物對您沒用或如果該藥吃了就被嘔吐出來，請告知您的醫生或護士。其他藥物可能更有效。

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

- 當服用防噁心和嘔吐的藥物時，您可能會覺得體虛、暈眩或困乏。

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.

其他有幫助的方法

- 用嘴慢慢地深呼吸或吞咽可能有助克服噁心。
- 避免可能引起噁心的不愉快景觀、聲音和氣味。
- 如果嘴裏有不良味道，請在每次飯後和飯前刷牙並嗽口。
- 打開窗，呼吸新鮮空氣。
- 避免突然移動，以免發生暈眩。
- 用音樂或您喜愛的活動進行放鬆。
- 嘔吐時請坐起或側臥。這樣可防止液體進入肺部。

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

若有任何問題或擔心，請告訴您的醫生或護士。