

# Chemotherapy sickness side effects.

## Questions you may want to ask.

### Going through chemotherapy for cancer can be a challenging experience

Many people having chemotherapy will have periods where they feel sick (nausea) or are sick (vomit).<sup>1</sup> Everyone reacts differently to chemotherapy. All cancer drugs have side effects, but they don't affect everyone.<sup>2</sup> Sickness caused by some chemotherapy drugs is for many people the most difficult side effect to cope with<sup>2</sup> and it is normal to feel anxious about feeling sick or vomiting.

### But did you know that there are ways to reduce chemotherapy sickness or even prevent it?<sup>1</sup>

It's important to tell your doctor, nurse, or pharmacist if you experience feeling or being sick while having chemotherapy. This will help you get the best results from your chemotherapy treatment while minimising the impact on your daily life.

This guide is designed to help you and your family to have discussions with your healthcare professional

about nausea and vomiting symptoms that may occur with chemotherapy. By having frequent and open discussions about your treatment, you can help to reduce the risk of nausea or vomiting.

We encourage you to take this guide with you to your next appointment and ask your healthcare professional any questions you may have.

**You don't need to face nausea and vomiting in silence. Your healthcare team is here to support you. Stay connected, report symptoms early, and seek their help.**



**CHEMO  
SICKNESS  
PREVENTION**



**For more information, visit:  
[ChemoSicknessPrevention.com](https://www.ChemoSicknessPrevention.com)**

#### Questions to ask before the first cycle of chemotherapy:

- » Will I experience nausea and vomiting?
- » What makes it more or less likely that I will feel sick during chemotherapy treatment?
- » What medicine or treatments can help prevent or reduce feeling sick?
- » When should I tell my healthcare team about feeling sick during treatment? Do I need to wait until it becomes severe?
- » What should I tell my healthcare team when I report side effects, and how should I tell them?
- » Can I discuss different options for preventing nausea and vomiting with my healthcare professional?
- » Are there any changes I can make to my daily routine that might help me feel better during treatment?
- » What can I do at home to prepare myself before and after starting treatment to minimize feeling/being sick?
- » Are there any support programs or resources available to help me during chemotherapy?

#### Questions to ask after the first cycle and if you are dealing with side effects:

- » What should I do if I feel sick despite taking medication to prevent it?
- » How do I take my anti-sickness medication at home?
- » Is it safe to stop taking the anti-sickness medication? What steps should I take if I'm considering this?
- » Can I use natural/home remedies to manage feeling sick?
- » Who should I report my side effects to and how?
- » What changes can I expect in my treatment after reporting nausea and vomiting?
- » How can I be proactive in managing feeling or being sick?
- » How long does nausea and vomiting usually last and when should I seek medical attention?
- » Can I continue my daily activities despite experiencing feeling poorly?
- » Can I access specialist support or additional resources to help me through this experience?

#### References

- 1 NHS. Available at: [www.nhs.uk/conditions/chemotherapy/side-effects](https://www.nhs.uk/conditions/chemotherapy/side-effects) Last accessed November 2023
- 2 Cancer Research UK. Available at: [www.cancerresearchuk.org/about-cancer/treatment/cancer-drugs/side-effects/sickness](https://www.cancerresearchuk.org/about-cancer/treatment/cancer-drugs/side-effects/sickness) Last accessed November 2023
- 3 Basch E, et al. J Clin Oncol. 2016;34(6):557-565.

**Committed to reducing sickness associated with chemotherapy**



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