

Chemo sickness can be prevented



Understanding Chemotherapy Induced Nausea and Vomiting

Chemotherapy is an important treatment for cancer, but some people having chemotherapy will have periods where they feel sick (nausea) or are sick (vomit) as a result of their treatment.¹ It is caused by the chemicals in the chemotherapy drugs affecting the part of the brain that controls the feeling of being sick.² These effects can range from mild to severe and affect people individually.

With the right support and treatment, nausea and vomiting can be reduced or even prevented. You should speak to your healthcare team at the onset of these side effects so that they can address your concern as soon as possible.

Reporting side effects won't stop chemotherapy treatment, but it will help to find the best ways to manage them.

Unfortunately, there are several misconceptions about nausea and vomiting that can discourage people from getting the help they need.

"I thought that feeling or being sick is an inevitable part of chemotherapy"

Many people believe that feeling or being sick after chemotherapy is just something they must put up with and that it means that chemotherapy is working. It is very important to prevent and control nausea and vomiting in patients with cancer, so that they can continue treatment and carry on with their normal activities as much as possible.¹ Advances in anti-sickness treatments mean that the risk of feeling or being sick can be reduced or even prevented in many patients.

"Is it true that feeling or being sick is not a serious side effect and will go away on its own?"

Feeling or being sick is more than just a small issue, for many people it is the most difficult side effect to cope with.² Interestingly, patients generally consider nausea worse than vomiting.³

Uncontrolled nausea and vomiting can affect patients' quality of life on many levels. It can even lead to problems like not getting enough nutrients, becoming dehydrated,⁴ and struggling with daily tasks.⁵ By monitoring

and managing symptoms like nausea and vomiting, you can feel better and have a better chance of getting through your cancer treatment.⁶

"I assumed that nothing can be done to prevent or treat feeling or being sick after chemotherapy"

There are many ways to prevent and treat feeling or being sick, and to reduce its impact on daily life. Your healthcare team will work with you to find the best approach for you, which may include reviewing anti-sickness medication such as dose reduction or prescribing different anti-sickness medication, lifestyle changes like eating smaller meals more often, avoiding fatty and spicy foods, and exploring natural remedies, or other strategies. It's important to report any feeling or being sick to your healthcare team so they can help you manage the side effect.

"I was convinced that I should just get on with it and not report feeling or being sick"

It's crucial to talk to your healthcare team about feeling or being sick. They can help you handle and prevent these side effects by providing you with medication and other treatments. Your healthcare team can also monitor your progress and make changes to your treatment plan if necessary. This will help you complete the full course of chemotherapy you were prescribed and avoid unforeseen complications.⁷

"In my mind feeling or being sick after chemotherapy only affects certain types of chemotherapy"

Everyone reacts differently to chemotherapy. All cancer drugs have side effects, but they don't need to affect everyone.² Some chemotherapy drugs are more likely to cause nausea and vomiting than others.⁸ Your healthcare team can help prevent and manage these side effects, no matter what type of chemotherapy you receive.

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**

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**Committed to reducing
sickness associated
with chemotherapy**

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