

Anti Nausea Medications

1. It is better to prevent nausea than to treat it. Take your medicine as soon as you feel queasy. Don't wait until you vomit.
2. With your chemotherapy you will receive intravenous anti-nausea medications that should work for the first three days, up to four days.
3. Compazine (Prochlorperazine): 10mg tablets can be taken every 6 hours as needed.
4. Ativan (Lorazepam): 1mg tablets, take ½ - 1 tablet every 4 hrs as needed as needed.
5. Both medicines can make you sleepy, so please don't drive while taking these medications.
6. If you take compazine, and three hours later you still feel nauseated, you can take Ativan. You can alternate the two medications to best control.
7. If you have trouble keeping the pills down, compazine can be ordered as a rectal suppository. Ativan can be dissolved under the tongue.
8. Eat light bland foods. Greasy or heavily spiced foods may contribute to nausea.
9. Additional ways to help with nausea include sea-sickness wrist bands, ginger and peppermint teas.
10. There are many different medications available to treat nausea. If you are nauseated despite these medications, please call the nurses.