

Managing Nausea

While you are receiving chemotherapy

What can I do to control nausea during my treatment?

Start by taking **8 mg Zofran** 30 to 60 minutes before chemotherapy, as directed.

What if I have nausea during the day?

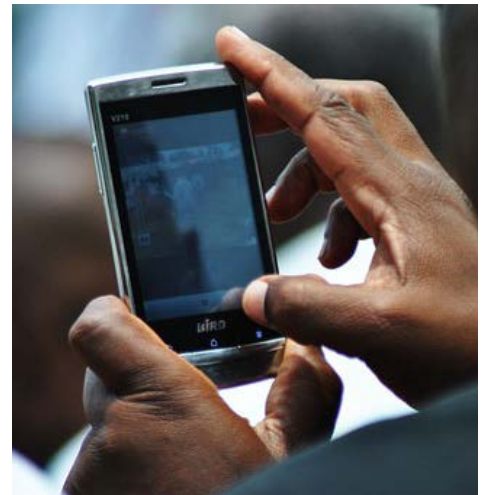
- It is OK to take extra Zofran during the day. Follow the dose instructions on the bottle.
- If needed, you may take 8 mg Zofran every 8 hours. **Do not take more than 24 mg a day.**

What if I have nausea even after I take extra doses of Zofran?

Call your nurse. Tell them that you are taking Zofran every 8 hours but you still have nausea. Your nurse will talk with your provider to see if you need an extra medicine or a different nausea medicine.

What if I have nausea when I eat?

- Take 4 mg or 8 mg Zofran 30 minutes **before** your meals.
- Eat 5 to 6 smaller meals throughout the day instead of 3 large meals.



Call your nurse if you have to take Zofran every 8 hours to control your nausea.

Questions?

Your questions are important. Call your doctor or healthcare provider if you have questions or concerns.

To talk with a nurse:

Weekdays from 8 a.m. to 5 p.m., call 206.598.2282 and select option 2.

After hours and on weekends and holidays, call our Community Care Line at 206.598.3300.