

Nausea and vomiting

Questions from the healthcare provider

How bad is the nausea?

Mild – Moderate – Severe

Rating nausea on a scale from 0 to 10 can be helpful.

Zero means no constipation, while 10 means the worst possible constipation.

0 – 1 – 2 – 3 – 4 – 5 – 6 – 7 – 8 – 9 – 10

What seems to bring on nausea, vomiting, or both?

- Eating?
- Certain medicines or certain treatments?
- Feeling anxious?

What makes it better?

- Staying still?
- Eating plain foods?
- Drinking liquids slowly?

What makes it worse?

- Moving from bed?
- Smells of food?
- A hot room?

How long does the nausea last?

How long does the vomiting last?

What medicines are being taken for nausea and vomiting?

- When are they taken?
- How long have they been taken (days, weeks, months)?
- Are they working?
- How long do they work?

How does the symptom interfere with normal activities, such as sleeping, eating, working, or having sex?

What other medications are being taken? Are there any allergies to medicines?

What else is being done to help?

- Herbal remedies?
- Relaxation techniques?