



PATIENT EDUCATION

Nausea and appetite during radiation

A plain-language guide for patients and families. Bring this to your visit. It does not replace advice from your clinician.

What is treatment-related nausea?

Some people feel queasy during a radiation course, especially when the abdomen, pelvis, brain, or a large field is treated — or when chemotherapy is given the same week. Others mainly lose interest in food. This is manageable for most people with a simple plan.

What you may notice

- A seasick feeling before or after a session
- Foods you usually like suddenly smell “off”
- Early fullness or a dry mouth that makes chewing tiring
- Weight loss you did not plan

First steps that help many people

Eat small amounts more often. Bland, cool foods (toast, yogurt, rice, bananas) are easier than greasy or spicy plates. Sip fluids all day. Ginger tea or candies help some people. Take anti-nausea medicine **as prescribed** — waiting until you are already vomiting makes it harder to catch up.

Where CureRays may fit. Tell us in the first days if queasiness starts. We can time medicine around your visit and look at other causes (constipation, reflux, new pills). Do not stop cancer medicines on your own. Confirm the plan with your clinician.

What you can expect

- Not everyone on radiation feels sick — skin and many joint courses rarely cause nausea
- If medicine is needed, we start with a simple schedule and adjust
- Appetite often returns as the course ends and energy improves



Practical tips

- **Smell.** Serve food in another room if cooking odors trigger you.
- **Temperature.** Room-temperature or cold foods often sit better than hot soups.
- **Protein.** Add eggs, nut butter, cheese, or a clinic-approved shake if plates look large.
- **After vomiting.** Rinse, wait 20–30 minutes, then try ice chips or a few crackers.

When to call the clinic

- Vomiting more than a few times in a day, or you cannot keep liquids down for 12 hours
- Dizziness when you stand, very dry mouth, or no urine for 8 hours
- Blood in vomit, black stools, or severe belly pain
- Weight dropping quickly or you skip more than a day of food

Questions to ask

- Should I take an anti-nausea pill before each radiation visit?
- Which foods are wise for my other conditions (diabetes, kidney disease)?
- When would you add a dietitian visit?
- What should I do the night before a long travel day to treatment?

How to schedule or learn more

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