



Working With Your Doctor to Prevent Chemo-Related Nausea and Vomiting

A DISCUSSION GUIDE FOR YOU AND YOUR DOCTOR

Going through chemo for the first time, or again, is tough. It may be more difficult if you have side effects such as nausea and vomiting. It is important to talk to your doctor about chemo-related nausea and vomiting so that he or she can help you prevent it and manage it.

The questions below are designed to help you get the conversation started between you and your doctor. **Bring this list of questions with you to your next appointment.** You can use the spaces below to take notes or write down additional questions you may have.

Questions to ask my doctor

- Is my chemo treatment likely to cause nausea and vomiting? _____
- I want treatment to prevent nausea and vomiting. What are my options? _____
- How will you decide which anti-nausea or anti-vomiting treatments I should use? _____
- Do the anti-nausea or anti-vomiting treatments you want me to use have side effects? _____
- When and how often should I take each medicine? _____
- What will we do if the treatment doesn't control my nausea and vomiting? _____
- How will I know if the antiemetic medicine is working? _____
- What do I do if I still have some nausea and vomiting? _____
 - When should I call you? _____
 - At what point do I need to call you if the treatment isn't working? (For example, if I have vomited a certain number of times) _____

Other questions I have

Notes
