



HCSP FACT SHEET

• HCV TREATMENT – SIDE EFFECT MANAGEMENT •

Nausea

Written by: Alan Franciscus, Editor-in-Chief

Foreword

Nausea can be caused by many factors, such as stress, headaches, viruses, odors, alcohol, lack of food or drink or an overindulgence of food and drink. It can also be caused by the hepatitis C virus as well as by HCV therapy. Regardless of the cause, nausea can have quite an impact on a person's well being and quality of life. It can also affect how you take your medications.

Symptoms

Nausea is usually described as feeling sick to your stomach, and can range from general queasiness to a strong urge to vomit. Other symptoms of nausea include:

- Unpleasant sensation at the back of the throat
- Cold sweat
- Pallor (lack of color)
- Increased saliva
- Reflux or regurgitation of stomach fluids and contents
- Retching (vomit like contractions but no contents expelled)

It is important for a person to find out what is causing the nausea so that certain steps can be taken to control it. Try to figure out what triggers the nausea and vomiting. It may be as simple as altering eating and drinking habits.

Try these simple tips for controlling general nausea:

- If morning nausea is a problem, eat some dry crackers when first waking up and get out of bed slowly
- Avoid trigger foods and odors
- Avoid spicy, greasy, and deep-fried foods

HCSP FACT SHEET

*A publication of the
Hepatitis C Support Project*

EXECUTIVE DIRECTOR, EDITOR-IN-CHIEF, HCSP PUBLICATIONS

Alan Franciscus

DESIGN

*Leslie Hoex,
Blue Kangaroo Design*

PRODUCTION

C.D. Mazoff, PhD

CONTACT INFORMATION

Hepatitis C Support Project
PO Box 15144
Sacramento, CA 95813
alanfranciscus@hcvadvocate.org

The information in this fact sheet is designed to help you understand and manage HCV and is not intended as medical advice. All persons with HCV should consult a medical practitioner for diagnosis and treatment of HCV.

This information is provided by the Hepatitis C Support Project a nonprofit organization for HCV education, support and advocacy

Reprint permission is granted and encouraged with credit to the Hepatitis C Support Project.

Nausea

- Eat small amounts of food every few hours rather than 2-3 large meals a day
- During periods of nausea, avoid acidic juices (orange, grapefruit, and pineapple); instead try clear juices, ginger ale, chicken broth, herbal tea, or sports drinks
- Eat and drink slowly
- Eat foods at room temperature (neither very hot nor very cold)
- Take over-the-counter medication for nausea as recommended by a health care professional
- Drink some peppermint, chamomile or ginger tea to help calm the stomach
- Eat ginger root cooked or raw
- Suck on or eat a small amount of ginger candy
- Drink small amounts of clear fluids (at room temperature)
- Practice relaxation techniques
- Do some light exercise
- Try acupuncture or acupressure
- Use acupressure wristbands

If nausea doesn't lessen or if it becomes worse contact your health care provider. There are prescription medicines to help treat nausea.

Feeling sick to your stomach can greatly affect quality of life. It is important to be as proactive as possible so that you can stay focused on staying on HCV therapy. It is amazing how some of the simplest tips (listed above) can make a huge difference in how you feel.

Related publications:

- **A Guide to Hepatitis C: Treatment Side Effect Management**
www.hcvadvocate.org/hepatitis/factsheets_pdf/Treatment_Side_Effect_Guide.pdf
- **Managing Side Effects of HCV Treatment**
www.hcvadvocate.org/hepatitis/factsheets_pdf/SEM_SideEffects.pdf
- **Side Effect Management: Maintaining a Positive Attitude**
www.hcvadvocate.org/hepatitis/factsheets_pdf/SEM_Positive_attitude.pdf

For more information

- | | |
|---|--|
| <ul style="list-style-type: none"> • Americans with Disabilities Act
 www.ada.gov • Centers for Disease Control and Prevention
 www.cdc.gov | <ul style="list-style-type: none"> • Hepatitis C Support Project
 www.hcvadvocate.org • Mayo Clinic
 www.mayoclinic.com |
|---|--|

