



PATIENT & CAREGIVER EDUCATION

Acupressure for Nausea and Vomiting

This information explains how to use acupressure to reduce nausea (feeling like you're going to throw up) and vomiting (throwing up).

Acupressure is an ancient healing art that's based on the traditional Chinese medicine practice of acupuncture. With acupressure, you put pressure on specific places on your body. These places are called acupoints. Pressing these points can help release muscle tension and promote blood circulation. It can also relieve many common side effects of chemotherapy.

You can do acupressure at home by using your fingers to apply pressure to different acupoints. Watch this video or follow the steps below to learn how to perform acupressure to reduce nausea and vomiting.



Please visit www.mskcc.org/pe/acupressure_nausea_video to watch this video.

Pressure Point P-6 (Neiguan)

Pressure point P-6, also called Neiguan, is located on your inner arm near your wrist. Doing acupressure on this point can help relieve nausea and vomiting related to chemotherapy.

1. Position your hand so that your fingers are pointing up and your palm is facing you.
2. To find pressure point P-6, place the first 3 fingers of your opposite hand across your wrist (see Figure 1). Then, place your thumb on the inside of your

wrist just below your index finger (see Figure 2). You should be able to feel 2 large tendons (tissue that connects muscles to bones) under your thumb. This is pressure point P-6.



Figure 1. Placing 3 fingers across wrist

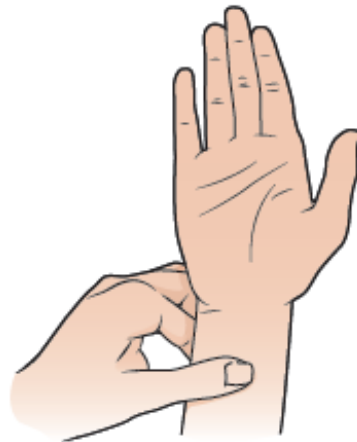


Figure 2. Placing thumb on point below index finger

3. Use your thumb or forefinger to press on this point for 2 to 3 minutes. Move your thumb in a circle while applying pressure. Be firm, but don't press so hard that it hurts.
4. Repeat the process on your other wrist.

To learn about other therapies available at Memorial Sloan Kettering (MSK), call the Integrative Medicine Service at 646-888-0800 or visit www.mskcc.org/IntegrativeMedicine.

If you have any questions, contact a member of your healthcare team directly. If you're a patient at MSK and you need to reach a provider after 5:00 PM, during the weekend, or on a holiday, call 212-639-2000.

For more resources, visit www.mskcc.org/pe to search our virtual library.

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