Memorial Sloan Kettering Cancer Center

PATIENT & CAREGIVER EDUCATION

Urgent Care Center and Symptom Care Clinic Nursing Discharge Instructions: Nausea and Vomiting

This information explains nursing discharge instructions for nausea or vomiting from the Urgent Care Center (UCC) or the Symptom Care Clinic (SCC).

Nausea or Vomiting

If you feel like throwing up, take your medication to help with nausea as prescribed.

If you are nauseous (feel like throwing up), drink small amounts of fluid often. Increase the amount you drink as tolerated. Drink at least 6 to 8 (8-ounce) glasses of water or other liquids each day to stay hydrated.

Call your MSK healthcare team or go to the nearest emergency room if you have:

- New or worsening nausea or vomiting that doesn't get better after taking medications to help with nausea.

- A fever of 100.4°F (38°C) or higher.
- New or worsening abdominal (belly) pain.
- A lot of trouble passing gas or having a bowel movement (pooping).
- Are unable to take your medications as prescribed because of vomiting.

Your care team may direct you to your regional Symptom Care Clinic (SCC) or the Urgent Care Center (UCC).

Follow up with your MSK healthcare team after discharge.

For more information, visit
www.mskcc.org/pe/nausea_vomiting

You can search for information on this topic and many others in MSK's Patient and Caregiver Education library at
www.mskcc.org/pe

If you have questions or concerns, contact your healthcare provider. A member of your care team will answer Monday through Friday from 9 a.m. to 5 p.m. Outside those hours, you can leave a message or talk with another MSK provider. There is always a doctor or nurse on call. If you're not sure how to reach your healthcare provider, call 212-639-2000.

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

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