


What can be done to control the most common side effects?



Nausea and vomiting:

- ♥ Avoid large meals. If possible, eat several light meals through the day.
- ♥ Try to drink liquid one hour before or after the food.
- ♥ Eat and drink slowly.
- ♥ Avoid very sweet, fried or greasy food.
- ♥ Eat your food cold or at room temperature so that strong odors do not bother.
- ♥ If symptoms occur frequently in the morning, try eating dry food such as cereal, toast, or cookies (if your mouth or throat is sore, don't do this).
- ♥ Avoid lying down within the next 2 hours after eating.
- ♥ Breathe deeply and slowly when you feel nauseous.
- ♥ Take vomiting medication as indicated.

Alteration in the food taste perception:

- ♥ Prepare well presented meals.
 - ♥ Rinse or mouthwash before eating.
 - ♥ If you notice metallic taste, replace the usual cutlery with plastic ones.
 - ♥ Drink mint or lemon infusions to neutralize the metallic taste
 - ♥ Use spices or mold seasonings in the preparation of meals, to reduce the sensation of unpleasant flavors.
 - ♥ Prefer cold food.
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*Alteration of the mucosa
(skin) of the mouth:*



- ✔ **Have your meals at a room temperature or cold.**
Hot or warm food can irritate a sensitive mouth and throat.
- ✔ **Drink liquids in small sips** through the day to keep the mouth moist.



- ✔ Eat ice chips or popsicles.
- ✔ Chew sugar - free gum.
- ✔ **Moisten dry meat** meat and side dishes with casseroles and sauces.
- ✔ **Soak dry food in soups**, broths or juice.
- ✔ Avoid hard, toasted or crunchy food.
- ✔ **Eat soft textured food such as** ground meat, pureed vegetables and compote fruits; preparations such as blended soups with meat or chicken with vegetables and potatoes; desserts such as ice cream, pudding, milkshakes and fruit. Smoothies.



- ✔ Avoid sour food and drinks.
- ✔ Use cocoa cream to moisturize your lips.