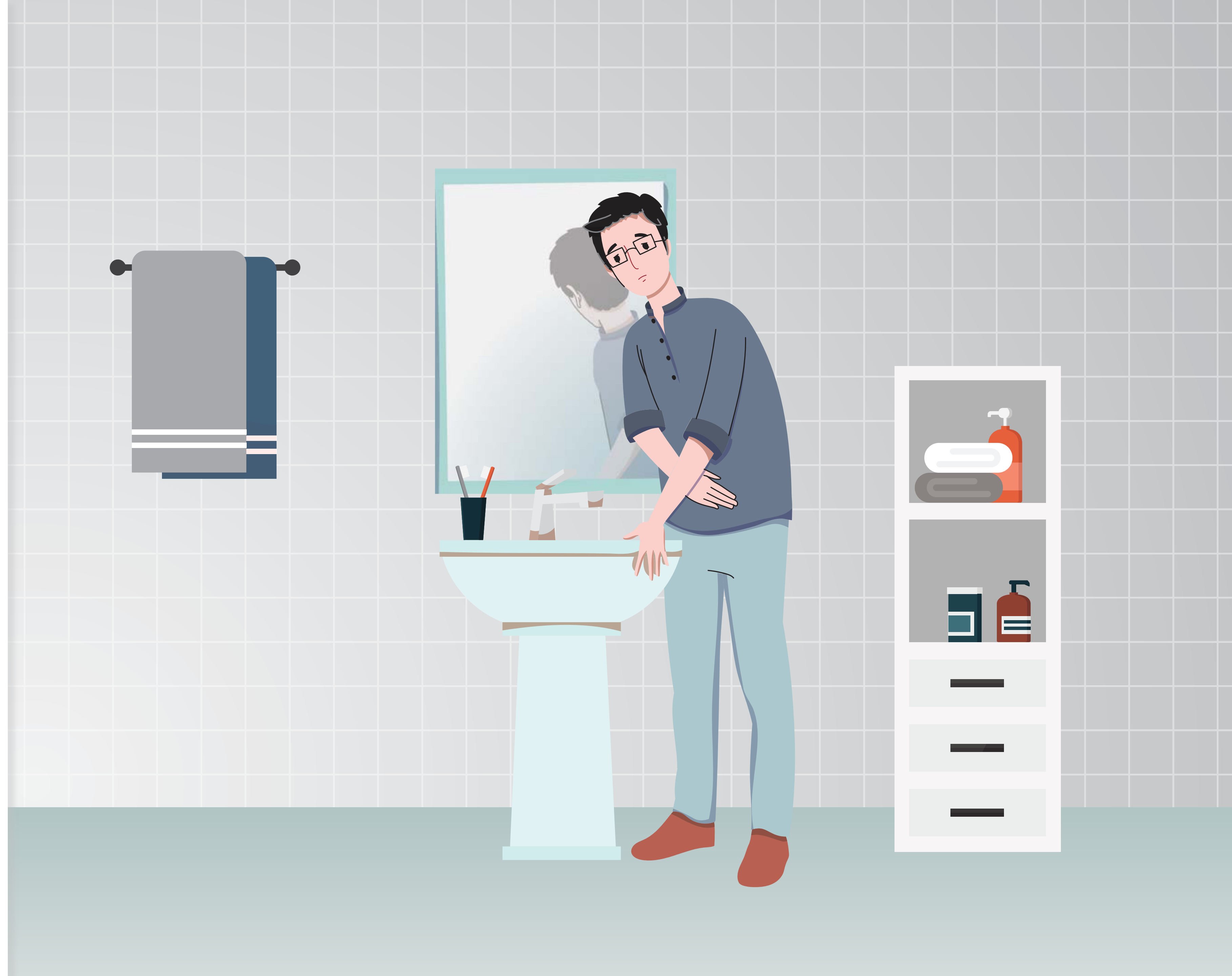

A CLL EMPOWERMENT GUIDE

Vomiting



*What to know
and what to do
in case of vomiting*

WHAT IS VOMITING?

Vomiting is defined as "...throwing out the content of the stomach through the mouth in a forceful (and usually involuntary) way..."

*Vomiting is sometimes preceded by nausea, a feeling of stomach uneasiness and an urge to vomit. However, vomiting is not always preceded by nausea and nausea is not always followed by vomiting.



Why should you ask for medical help for vomiting?

Vomiting is a common medical symptom. Vomiting can be caused by many conditions, including infections.

Vomiting is not a common finding in CLL, however, some drugs may cause vomiting and/or nausea as a side effect.

A very common implication of vomiting is dehydration. Mild to moderate dehydration can be reversed by drinking more fluids. However, severe dehydration can lead to serious health complications, so it requires immediate medical treatment.

What are the main causes of vomiting?

- | **Infections**, like gastroenteritis

- | **Drugs** may cause vomiting as an adverse event (ask your physician what to expect and how to handle it)

- | **Other causes**, like stomach ulcer, pregnancy, or food poisoning

Inform your physician if you have vomiting, especially when it appears after starting a new treatment.

What is relevant to notice and report about vomiting (and/or nausea)?

Initiation. When did your vomiting start?

If you associate vomiting with something in particular. Is it associated with something you ate?

What makes it worse? In case of chronic vomiting, is it affected by certain foods (fried food, milk etc.)?

Vomit content. Does it contain only food? Are there any blood or brown/reddish spots that look like blood?

Vomit color. Does it look greenish or brownish?

Vomit smell. Does it have any particular odor?

Vomit volume. Is it small or large?

Frequency of your symptoms is (e.g., How often do you vomit? How long does the nausea persist for?)

Other symptoms (cough, cold, abdominal distension, aches, sweating, rash, fever, dizziness, vision impairment, sweats etc.)

You should be immediately alerted if...

- | You notice any blood in your vomit
- | Your vomit has a green or brown color
- | You experience vision impairment
- | You notice lack of gas and stools and/or abdominal distension and ache
- | Your vomit has a peculiar odor
- | You notice black or very dark stools



AFTER CONTACTING YOUR HEALTHCARE TEAM...

What should you notice? You should ask for help again if...

Outcomes	Your vomiting persists and/or is getting worse
Vomit volume	If the vomit volume is not decreasing and/or is increasing
Vomit characteristics (color, content, smell)	You notice a change in the characteristics of your vomiting
New & existing symptoms	You notice any new symptom or your existing symptoms are getting worse
Dehydration	You cannot drink a lot of fluids and you feel dehydrated

How can you recognize that you are dehydrated?

Check if:

- | your blood pressure is lower than usual
- | your heart rate is higher than usual
(check your pulse at your wrist or use an electronic
sphygmomanometer with heart rate indication)
- | your mouth is dry. You may not have enough saliva
- | your urine output is decreased
- | your skin is dry
- | you experience weakness, nausea or cramps

If you notice any of the above, please contact your physician.

Remember! ————— Follow carefully the instructions of your physician.

Drink fluids throughout the day. However, after vomiting, let at least half an hour before drinking fluids and start with a small volume.

Eat small, non-fatty meals and avoid raw vegetables, fruit, dairy products and fried meals.

Do not use any drugs or electrolyte supplements without consulting your physician.

This leaflet was created within the context of the "Patient Empowerment" Program, which is designed and implemented by the Institute of Applied Biosciences at the Center for Research and Technology Hellas (INAB|CERTH) and approved by the Hellenic Society of Haematology (HSH) and the European Research Initiative on CLL (ERIC)

