

THINGS TO REMEMBER AFTER CHEMO

Place this on your refrigerator or someplace that can be seen easily by you and your family. After chemotherapy there are a few important things to remember and rules to follow.

When to call the office:

- Fever of 100.4F or above
- Redness, swelling or drainage around skin sores or IV site
- Sweating or shaking chills
- Difficulty or burning with urination or urine that appears dark or cloudy in appearance

Maintaining your appetite and dealing with nausea:

- Take nausea meds as prescribed by your doctor.
- Avoid spicy, sweet, fried, or fatty foods. Avoid alcohol and fluids that are acidic (orange, grapefruit, tomato, etc.).
- Eat 5 or 6 small meals each day instead of 3 large meals.
- Choose foods that are high in calories or protein.
- Drink 2-3 liters of non-caffeinated fluid each day.
- Drink milkshakes or soups that are easy to swallow.

What about diarrhea?

- Avoid milk and dairy, spicy foods, alcohol, caffeine-containing foods and drinks, and high-fiber and high-fat foods.
- Drink plenty of clear liquids (water, Gatorade, and apple juice). It is often helpful to limit your diet to clear liquids for 12-24 hours, or until the diarrhea stops, and then gradually add clear soups, bread, and crackers.
- For mild diarrhea, a diet of bananas, rice, applesauce, and toast (the BRAT diet) may decrease the frequency of stools.
- For severe diarrhea (3+ bowel movements per day), take Imodium 2 tablets after the first BM, then 1 tablet with any other loose bowel movements up to 8 tablets per day.
- Stop taking stool softeners if you are taking them.
- Call if diarrhea does not resolve within 24 hours.

Prevention and treatment of constipation may include the following:

- Increase fluid intake by drinking eight (8-ounce) glasses of fluid each day. This can include any food that melts into a liquid.
- Increase your dietary fiber by eating fruits, vegetables, and whole grain cereals, breads, and bran.
- Exercise as tolerated to increase gastric motility.
- If no BM within two days, start a stool softener such as Senokot or Colace. Start with two pills daily, then gradually increase or decrease your dose until you have a good BM every 1-2 days. If bowels become loose, stop taking the pills until bowels become firmer and then start again at a lower dose.

Call the office at: _____ Your physician is: _____