

## CHEMOTHERAPY-RELATED THINGS TO REMEMBER

Call the office at: \_\_\_\_\_ Your physician is: \_\_\_\_\_

**If you are experiencing chest pain, new or worsening shortness of breath or bleeding that will not stop, immediately go to the emergency room or call 911.**

For any of the following issues, call the office before going to the emergency room. Please call the office as early in the day as possible to allow time to schedule a same-day evaluation.

- Fever of 100.4F or above
- Redness, swelling or drainage around skin breaks or an IV site
- Sweating, shivering or chills
- Difficult or burning with urination or urine that appears dark or cloudy
- New or increased pain
- Nausea or vomiting, or after three episodes of diarrhea

### Managing nausea symptoms & maintaining your appetite

- Eat small amounts of food often, instead of large meals.
- Drink beverages between meals instead of with a meal.
- Choose foods that appeal to you, and don't eat food that makes you feel sick.
- Eat foods at room temperature or cooler; hot foods produce a stronger scent that can trigger nausea.
- While you eat, sit up and remain sitting upright.
- Avoid times, foods, smells or events that trigger nausea. Keep kitchens and eating areas well-ventilated if food smells trigger your nausea.
- Suck on hard candy with pleasant smells, such as lemon drops or mints. Do not eat tart candies if your mouth is sore.
- Rinsing your mouth can remove bad tastes and help reduce nausea.

### Diarrhea symptoms

- Stop taking stool softeners if you are taking them.
- Avoid dairy, spicy foods, alcohol, caffeine, high-fiber foods and high-fat foods.
- Drink plenty of clear liquids (water, Gatorade, apple juice). It may help to limit your diet to clear liquids for 12–24 hours or until the diarrhea stops, and then gradually add clear soups, bread or crackers.
- A diet of bananas, rice, applesauce and toast (BRAT diet) may decrease the frequency of stools. For severe diarrhea (8+ bowel movements (BM) per day), take Imodium® - two tablets after the first BM then one tablet with any other loose bowel movements, up to eight tablets per day.
- Call the office after the third episode and again if the diarrhea does not resolve within 24 hours.

### Constipation symptoms & prevention

- Drink eight (8-ounce) glasses of fluid each day.
- If no BM within two days, start a stool softener (Senokot® or Colace®) — two pills daily then gradually increase dose until you have a 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.
- To prevent constipation, increase dietary fiber intake with fruits, vegetables, whole grain cereals, breads and bran. Exercise as tolerated to increase gastric motility.



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