

SOME HELPFUL HINTS DURING CHEMOTHERAPY

General precautions

- Drink plenty of liquids (unless you have other medical problems prohibiting excessive liquids such as heart failure or edema or advised by your Primary MD to limit fluid intake).
- Take adequate rest if you get tired easily. Do not stay in bed all the time. Exercise lightly and move around as tolerated. Do not exceed your limits.
- Avoid any foods that cause stomach problems. Eat more of what is well tolerated without any stomach problems.

Oral (mouth) care

- Rinse your mouth 3-4 times every day. Use either regular mouthwash diluted with water (3 parts water with 1 part mouthwash) or plain water with a pinch of salt for gargles.
- Use mint (mint mouthwash or mint candy) to refresh your taste buds if your food doesn't taste good.
- Try eating cold popsicles or icesicles if your mouth hurts.
- Use over the counter Peroxyl or Oragel rinse (check in toothpaste/mouthwash section of your store) if above does not help.

Infection precautions

- FREQUENT HAND WASHING WITH SOAP AND WATER IS ADVISED.
- You are at high risk for developing infection while you are on chemotherapy.
- Avoid any direct close contact with someone with known infections.
- Rinse your mouth daily to keep oral bacteria down.
- Avoid any invasive procedures (surgery, dental work, rectal exam, pelvic exam etc).
- Do not shave your head if you are loosing hair (you may get infection in scalp from shaving).
- Immediately go to the hospital emergency room if you develop high fever (>101°F).

Bleeding precautions

- You are at high risk of bleeding during chemotherapy and adequate precautions may reduce the risk of serious bleeding.
- Avoid any falls or trauma or injuries. Avoid any surgical or dental procedures without permission of your oncologist.
- If you develop any bleeding, go to the emergency room without any delay.