

## Contact Information:

Oncologist: \_\_\_\_\_

Phone #: \_\_\_\_\_

## Notes:

## Contact Us



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# Chemotherapy Instructions



**LUCAS HEALTH**  **COUNTY CENTER**

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### **Nausea:**

Nausea can be an unpleasant side effect of treatment. Managing the nausea may be done by taking anti-nausea medications 30 minutes prior to mealtime. Eating small, frequent meals or snacks may be beneficial as well. Let your food cool before you eat. If you experience vomiting and are unable to keep food or liquids down for 12 to 24 hours, call your oncologist.

### **Fluids:**

It is essential that you drink enough fluids in the first 2 - 3 days after chemotherapy. A good guideline to follow is 1,000 - 2,000 mL of fluid every eight hours. (Example: 1 liter is 1,000 mL which is equivalent to the size of a hospital mug. There is a little more than 4 cups in 1,000 mL.)

### **Diet:**

Maintaining a well-balanced diet while on chemotherapy is crucial in helping your body recover from the effects of chemotherapy. Increasing the amount of calories you consume, especially your protein intake, is recommended. High protein foods, including eggs, meats, fish, nuts, Greek yogurt, beans, and Ensure. Five to ten minutes of exercise prior to a meal can help stimulate your appetite.

### **Constipation:**

Constipation can be a side effect of pain medication usage. Increasing fluid intake and fiber in your diet may help prevent constipation. Daily laxatives or stool softeners may also be recommended by your oncologist. Notify your oncologist if you do not have a stool for two or more days past normal frequency.

### **Bleeding:**

Ten to 14 days after chemotherapy, you may see side effects that cause different types of bleeding. These types of bleeding include:

- bruising easily
- prolonged unusual bleeding
- bleeding gums
- very severe headaches
- heavy menses
- blood or black, tarry stools
- rectal bleeding
- bloody sputum
- swelling, redness, and tenderness in the lower legs
- small red spots on your upper body, arms, or legs (these spots appear in groups and resemble freckles)

All of these signs are important reasons to contact your oncologist IMMEDIATELY. To prevent unnecessary bleeding, avoid activity that may cause bruising. Avoid going barefoot and wear work gloves during physical labor or when gardening. Use an electric razor for shaving and use a soft toothbrush. Talk to your oncologist before having any dental work. Do not take any aspirin without your oncologist's consent.

### **Bathroom Usage:**

After chemotherapy, all body excreta (urine, stool, vomit) will be contaminated for at least 48 hours after the drug is infused. Take extra precautions while using restrooms. Flush the toilet twice after every use with the lid down. Men should sit down to urinate. Clean your toilets frequently using bleach. If handling of excreta is necessary, wear double gloves and a gown. In the event linen is exposed to the excreta, wash the linen twice separately with regular detergent and hot water.

### **Mouth Soreness:**

Good and frequent oral hygiene is needed to prevent and control mouth sores. Brush teeth with toothbrush and toothpaste 2 - 3 times a day (unless you have bleeding precautions.) Use a lip moisturizer. A mouthwash solution of 1/2 glass water and 1 teaspoon of salt (or baking soda) may help control discomfort. Avoid mouthwashes containing alcohol and call your oncologist if you develop sores or white patchy areas.

### **Infection:**

After chemotherapy, you begin a period in which you are vulnerable to infection (10 - 14 days.) Avoid people who are sick or have a contagious disease. Wash your hands frequently and have family/visitors do the same. Take your temperature twice a day, once in the morning and once at night. Call your oncologist immediately if you have a temperature of 100 degrees, a temperature that lasts 48 hours or any one-time reading of 101 degrees or higher.

### **Pain:**

Take your pain medications as needed and prescribed by your oncologist. If you experience any new pain, such as chest pain, leg pain, pain with swallowing or pain with bowel movements, call your oncologist.

### **Diarrhea:**

It is important to notify your oncologist if you have more than 5 loose stools within a 12 hour period. If you are experiencing diarrhea make sure to increase fluid intake as to avoid dehydration. Often diarrhea can be controlled with medication prescribed by your oncologist.