

“Chemo-brain”

- ✚ Keep a journal or calendar of your events & activities and write yourself reminder notes
- ✚ Get plenty of sleep –most adults do best with 8 hours a night
- ✚ Exercise, get your heart rate up. A good goal is 20-30 min of physical activity each day

Constipation

- ✚ Drink more water (eight 8 ounce glasses per day) and increase fiber. Some foods that are high in fiber include: bran, broccoli, cabbage, berries (raspberries), leafy greens, celery, squash, beans, mushrooms, and oranges.
- ✚ If you normally have a bowel movement every day and miss, start taking a stool softener such as Colace, this can be purchased over the counter. If you are taking prescription pain medicine, take a stool softener, don't wait until you can't have a bowel movement.
- ✚ If you don't have a bowel movement for two days, start taking Miralax, this can be purchased over the counter. This is a stool softener and mild laxative, so you can stop taking stool softeners if you are on one. Follow the directions on the bottle. If this doesn't work after 2-3 doses, call us, you may need something stronger.

Diarrhea

- ✚ Avoid foods that are greasy, spicy, or fried. Milk and dairy products and high fiber content foods such as vegetables can make diarrhea worse. The BRAT diet (bananas, rice, applesauce, and toast) can help slow down diarrhea.
- ✚ Fluids- Drink plenty of fluids. Eight 8 ounce glasses of water per day is recommended.
- ✚ Imodium can be purchased over the counter. Follow the directions on the box, if not effective after 2 days, or if you have more than 8 liquid stools in 24 hours, call us.

Fatigue

- ✚ Rest, sleep and exercise. Get up and move enough to get your heart rate up, take a walk around the block- try to get at least 20-30 minutes of physical activity each day.
- ✚ Good nutrition and adequate fluid intake help with fatigue as well. Eat a balanced diet with plenty of fruits, vegetables and proteins will give your body the energy it needs.

Mouth sores

- ✚ Rinse your mouth 3-4 times per day with a baking soda and saltwater solution. Dissolve 1 tsp of baking soda and salt in 4-6 ounces of water. Gargle/rinse for 30 seconds.
- ✚ Avoid toothpaste and mouthwash that contains alcohol, such as Listerine. If you do get sores in your mouth and you aren't able to eat or drink well, call us.

Nausea and vomiting

- ✚ Prevention is key- use the medicines we have given you to take for nausea and vomiting. We have many different medications that all work differently on the body to try to prevent nausea and vomiting. If the medication we have given you isn't working, call your nurse case manager.
- ✚ Eat small frequent meals and stick to foods that have worked for you in the past when you have been sick such as bland foods. Do not eat fried or spicy foods. Eat foods that are room temperature or cold as smells can trigger nausea. Have someone else prepare meals if possible.
- ✚ Good oral care can help – keep your mouth clean and brush at least twice a day.

Skin and nail changes

- ✚ Keep your body hydrated by drinking 8 eight ounce glasses of water daily, and keep your skin moist are both very important to help prevent the skin changes you may experience. Using water based moisturizers, lotions or ointments such as Vaseline, Cetaphil or Eucerin that don't contain perfumes or dyes are best.
- ✚ Shower or bathe using warm water, and avoid using hot water.
- ✚ Antihistamines (Benadryl or Claritin) and topical Cortisone cream (over the counter) may help relieve itchy skin.
- ✚ Keeping your nails clean, moisturized and protected can help prevent some of the nail changes you may experience. Avoid harsh chemicals and frequent water immersion.

Other tips

- ✚ Bring a list of your medications to every visit to our office
- ✚ Do not take aspirin, or aspirin containing medications without asking your provider first
- ✚ For your convenience, contact your pharmacy for all medication refills
- ✚ Notify your provider if you are going to have any dental work done
- ✚ Wash your hands often, use warm water with a good lather for 20 seconds
- ✚ Avoid sun exposure, wear SPF of 15 or higher and clothing that covers exposed areas