

TREATMENT INSTRUCTIONS



Please Call Us First!
253-428-8700

Acute Care Clinic

No Appointment Needed

Every Saturday: 8am-3pm

2940 S Meridian Puyallup, WA 98373

* (253) 428-8700 is the main line and after hours phone number (includes weekends/holidays)

* Please allow 48 hours for prescription refills.

* Medical forms such as FMLA/Disability/DSHS will be processed by an outside source (MediCopy) for a fee. Information can be obtained at the front desk.

TREATMENT INSTRUCTIONS

At any time during your course of treatment you may begin to have some side effects. Some of these side effects can be specific to certain treatment medicines. Listed below are some general side effects that can occur but can be managed when reported to your oncology medical team.

Below are instructions on managing these side effects at home as well as when to call your oncology provider.

Immediately report these symptoms by calling us:

- Temperature greater than 100.5°F (If you have difficulty reading a thermometer, let your nurse or doctor know)
- Sore throat or difficulty swallowing
- Burning, hesitancy, or difficulty emptying your bladder when urinating
- Cough with or without sputum (phlegm)
- Reddened or painful sores with or without pus
- Shaking chills or sweating
- Burning or pain in your rectum
- Soreness or red or white patches in your mouth
- Drainage from an eye or an ear
- Flu-like symptoms: aching joints, headache, and fatigue

TREATMENT INSTRUCTIONS

LOW BLOOD CELL COUNTS

While working to destroy cancer cells, chemotherapy and radiation and other therapy can also destroy enough good blood cells to cause a short-term decrease in your blood counts. It is important that you understand how each of your blood cells work and be able to recognize the different signs and symptoms when the blood counts are low. By recognizing these symptoms, it will help you to decrease or prevent many problems.

What Are Red Blood Cells? Red Blood Cells (RBC) Red Blood Cells carry oxygen to all parts of the body to give you energy. If your RBC count is low (anemia), you may look pale and feel tired.

What Is Hemoglobin? HemoGloBin (HGB) The hemoglobin in the RBC carries oxygen. If your HGB is very low (8.0 g/dL or less), your doctor may want you to have a blood transfusion.

What Are Platelets? PlateLeTs (PLT) Platelets help stop bleeding by clotting the blood. The normal count is 150,000 to 450,000. During and after treatment, your platelets may be low. When the platelet count drops to less than 50,000, you may notice more bleeding when you get a cut. You may bruise easily or have nose bleeds. If your platelet count is less than 20,000 and there are signs of bleeding, you may need a platelet transfusion. Platelet counts less than 10,000 may require a platelet transfusion because you can bleed without injury.

TREATMENT INSTRUCTIONS

NEUTROPENIA AND INFECTION

Treatment works by destroying rapidly dividing cells. It cannot differentiate between a cancer cell and a normal healthy cell, so often it kills the good cells along with the bad ones.

White Blood Cells are rapidly dividing cells that help prevent and fight infection in the body. If too many of these cells are destroyed as a result of certain treatments, it makes it difficult for the body to fight off infections. When the white blood cells are lower than normal this is called neutropenia.

White blood cell levels that are particularly low may require you to practice “neutropenic precautions.” These are steps that you can take to help reduce your risk for infection.

How Do You Know You Have An Infection?

If you have neutropenia (low WBC count), your body will not have enough neutrophils to fight infection so you may not see the usual signs of infection. A temperature elevation or fever is the most reliable sign of infection if you are neutropenic.

TREATMENT INSTRUCTIONS

INFECTION PREVENTION measures include:

1. **GOOD HAND HYGIENE**- Wash your hands after using the bathroom, shaking hands, touching doorknobs, etc.
2. **CONSERVE ENERGY**- Listen to your body. Plan for periods of rest and sleep.
3. **EAT WELL**- Include foods high in calories and protein in your diet. Eat fresh vegetables daily (wash well before eating).
4. **AVOID POTENTIAL SOURCES OF INFECTION**- such as: people with bacterial infections, colds, sore throats, flu, chicken pox, measles and cold sores. Avoid bird, cat and dog poop. Avoid cleaning bird cages and kitty litter boxes.
5. **KEEP YOUR BODY CLEAN**- Bathe daily, wash hands before eating or preparing food, and after using the bathroom. Keep nails clean, clipped short and straight across. Perform mouth care daily. Keep lips moist with lubricant. Clean carefully after bowel movements. Ladies- always wipe from front to back.
6. **KEEP YOUR LUNGS CLEAR**- Deep breaths every hour while awake. Schedule exercise daily. A short walk is wonderful!
7. **KEEP YOUR KIDNEYS FLUSHED**- Drink plenty of fluids. We recommend at least 64 oz daily.

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Although You Can't Prevent Infection, You Can Minimize Your Risk!

1. Avoid people with colds or contagious illnesses. Do not share food utensils.
2. Avoid crowds, especially in the winter. Avoid sitting next to someone who appears to have a cold or symptoms of a contagious illness.
3. Wash your hands with soap before preparing or eating food and after using the bathroom. Have visitors wash hands, too.
4. Don't provide direct care for pets. Don't change litter boxes or clean bird cages.
5. Unless told otherwise, drink at least 64 oz of decaf liquid daily.
6. Protect your skin from cuts and burns. Wear shoes or slippers to prevent cuts on your feet. Wear gloves to garden.
7. Avoid straining to have bowel movements. Check with your doctor if you need a stool softener. Don't use enemas or suppositories without permission.
8. Obtain a digital thermometer and take your temperature orally or under the arm. NEVER take a rectal temperature. Know your baseline temperature.
9. If you need dental work, consult with your physician before making arrangements.
10. Eat a well-balanced diet. Wash fruit and vegetables well with warm water.
11. Ask your doctor if vaccines are safe for you and your family.
12. Notify your children's school to alert you about any chicken pox breakout or exposures in the school. Notify your physician immediately if anyone at home is exposed to chicken pox (needs to be notified within 72 hours from exposure).
13. Always check with your doctor before taking any medications.

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ANEMIA

Anemia is low red blood cells. Red blood cells help carry oxygen throughout the body. Some treatments can reduce the amount of red blood cells in the blood resulting in symptoms such as fatigue and shortness of breath. Low iron level in your blood can also cause anemia.

During the course of your treatment, your medical team will be drawing blood samples periodically and evaluating those results.

In the event that you become anemic, your doctor will discuss methods of treating the anemia which may include iron (oral or intravenous). A blood transfusion may also be recommended if your red blood cell count becomes especially low.

Symptoms that may be related to anemia that should be reported include:

- Increased shortness of breath
- Weakness or increased tiredness
- Ringing in the ears
- Rapid heartbeat
- Dizziness
- Chest pain

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THROMBOCYTOPENIA

Thrombocytopenia is low blood platelets. Platelets are the portion of your blood that helps you clot. Some treatments can lower the number of platelets in your blood therefore causing some risk for bleeding.

During the course of your treatment, your medical team will be drawing blood samples periodically and evaluating those results.

Symptoms that may be related to low platelets that should be reported include:

- Easy or increased bruising
- Bleeding gums
- Other bleeding

In the event that your platelets are low, your doctor will discuss methods of treating this. A platelet transfusion may also be recommended if your platelet count becomes especially low.

If you have any of these signs call us:

- Bruising easily
- Small red-purple dots on the skin
- Blood in the urine or vomit
- Black (looks like tar) or bright red bowel movements
- Bleeding from the gums, mouth, nose, vagina or rectum
- A nosebleed that will not stop

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If Your Doctor Says Your Platelets Are Low, Protect Yourself:

USE: An electric razor, no blades. Gloves while gardening. Special care when using sharp objects such as knives, scissors or pins.

MAINTAIN THE INTEGRITY OF YOUR SKIN AND MUCOUS MEMBRANES:

Drink plenty of fluids and use stool softeners daily. Avoid hard nose blowing. Humidify the air. Use lotion on your skin. Moisten nose and lips with lubricant. Use water soluble lubricant prior to sexual activity.

AVOID THESE: Aspirin, aspirin-containing products, Ibuprofen and other NSAIDs, and NSAID-containing products. Tylenol is OK. Read Labels-many cold and flu medications contain these agents. Activities with the potential for bodily injury such as contact sports, and power tools.

IV SITES: Apply firm, gentle pressure for at least 5 minutes after all needle sticks to prevent scarring of the vein and promote clotting.

DIETARY: Include high protein, high calorie foods and beverages which are necessary to build blood cells.

When Receiving Treatment, You Should Avoid:

- Aspirin or NSAIDs (Advil, Motrin, Ibuprofen, Aleve, Naprosyn)
- Rough sports (contact sports)
- Using rectal thermometers, enemas or suppositories without permission from the doctor
- Unsafe situations that can result in a fall or injury

TREATMENT INSTRUCTIONS

LACK OF APPETITE-ANOREXIA

Anorexia (loss of appetite) is a common problem for people receiving treatment for cancer. There are many reasons why this happens: treatment, changes in taste, pain, fatigue and the cancer itself. However, good nutrition through a high calorie and high protein diet is a very important aspect of achieving and maintaining wellness. We have a Dietician on site at several locations. Ask to be scheduled for an appointment!

Diet is an important part of your treatment plan. Try some of the following ideas to help improve your appetite:

BECOME A NIBBLER: Snack all day long. Eating 3 large meals daily may not be the answer for you if you don't feel hungry, so spread out an equal amount of food over the whole day. Perhaps 5 or 6 small meals will work better for you.

STAY AWAY FROM EMPTY CALORIES like soft drinks. Concentrate on foods high in protein: eggs, milk products, peas, beans, peanut butter, fish, tofu, etc. Beef and chicken are good sources of protein; however, many people lose the taste for meats.

TRY NUTRITIONAL SUPPLEMENTS such as Ensure Plus, Glucerna, Boost, or an instant breakfast. You can also add cheese, sour cream, cream or half and half to other foods to increase calories. Substitute whole milk or half and half for skim or 2% milk. Cook hot cereals with whole milk instead of water.

KEEP PAIN CONTROLLED

KEEP YOUR MOUTH CLEAN AND FRESH TASTING

EXERCISE BEFORE MEALS Exercising for a few minutes will help stimulate your appetite.

TREATMENT INSTRUCTIONS

AVOID DRINKING FLUIDS WITH MEALS since you may have a feeling of fullness. Please remember it is important to stay hydrated, so make sure to drink plenty of fluids at times other than with meals.

EATING IS AS MUCH A SOCIAL EVENT AS A NUTRITIONAL ONE: Eat with others; in a pleasant area, perhaps with soft music; at an attractive table. Use small plates and small portions so you can be successful at completing your meal. Or you can try small portions on a large plate and think, “Anyone can eat that much!”

BREAKFAST may be your BEST meal of the day so try to eat 1/3 of your daily calories at that time.

If you have concerns regarding nutrition or diet, please let us know at your next appointment, and we will schedule you with our dietician.

TREATMENT INSTRUCTIONS

NAUSEA/VOMITING

Nausea and vomiting occasionally occur when you are receiving treatment and/or radiation therapy. The amount and degree may vary depending upon your disease and the type of treatment and medication that you receive. Our goal is to prevent nausea as much as possible.

HERE'S HOW YOU CAN HELP WITH THIS DIFFICULT SYMPTOM:

- Take anti-nausea medicine as prescribed even if you don't feel nauseated. If you have medication to take only when you need it, take it at the first sign of nausea. Lie down and wait for the medicine to take effect.
- Eat frequent, small meals and try to keep something in your stomach at all times. Don't skip meals. Nausea is more likely to occur on an empty stomach.
- Keep your mouth fresh tasting. Do mouth care prior to meals. Avoid greasy or fatty foods as well as very sweet foods.
- Many people cannot tolerate meat while they are receiving treatment. Some people do better with chicken or fish than beef. Other good sources of protein are eggs, beans, lentils, nuts, nut butters, whole grains, yogurt, soy products and cheese.
- Have liquids 30-60 minutes before or after meals, rather than with meals.
- Try not to confuse nausea and heartburn because different medications are needed for each condition.
- Eat slowly and chew your food thoroughly.
- Rest after meals with your head slightly elevated.

TREATMENT INSTRUCTIONS

- Cold foods may be more appealing than hot ones, since they have fewer smells associated with them.
- Dry crackers and toast will help when you are nauseated. Foods high in complex carbohydrates (breads, pasta, potatoes, and rice) are easy to tolerate and will take longer to digest.
- Let friends and family help with meal planning. Suggest single portions labeled and placed in your freezer that you can heat up for meals. Reduced cooking time will decrease cooking odors that sometimes make you even less hungry.

If you vomit more than once call us at 253-428-8700

If you have persistent vomiting and/or abdominal pain and/or diarrhea, cannot eat or your nausea is not controlled, call your provider.

TREATMENT INSTRUCTIONS

ORAL CARE INSTRUCTIONS



Because your therapy affects the cells that line your mouth, you may feel a slight soreness within 7-10 days after therapy starts. Proper mouth care can help prevent or reduce the effects on your mouth. Not all treatment drugs cause soreness, and few patients experience serious problems. However, if you are receiving a combination of chemotherapy and radiation therapy in the head or neck area, your mouth can become quite tender.

Open your mouth wide and look inside for areas of redness, swelling, tenderness, coating on the tongue, or white patches. White “patchy” areas and /or a white coating on the tongue may be a sign of “thrush” which would also require additional medication and treatment. Report problems to your doctor.

Brush your teeth with a soft toothbrush within 30 minutes after each meal and at bedtime.

If you normally floss your teeth, continue to do so once a day. Floss gently. Stop if there is pain or bleeding. Do not floss if the doctor tells you your platelet count or WBC count is low.

Rinse your mouth after meals and at bedtime with a saltwater solution which you can make by adding 1 teaspoon of salt to 2 cups of water. If you would prefer, you can use a baking soda solution: 1 teaspoon of baking soda to 2 cups of water. An alternative would include warm saltwater rinses as frequently.

TREATMENT INSTRUCTIONS

If you wear dentures, remove them at night to give your gums a rest. Always keep the dentures in water to prevent warping. Do not wear your dentures if they do not fit properly, have rough spots on them, or cause painful areas in your mouth. Call your dentist to have them checked.

Do not use commercial mouthwashes. Many mouthwashes contain alcohol which is drying and irritating to sensitive tissues in your mouth. If you really want to use mouthwash regularly, we recommend that you choose a mild, alcohol free mouthwash such as Biotene.

Drink lots of fluids, at least 64 oz of liquid daily, if possible. Keep your mouth moist. If you do not like water, drink fruit juices, warm or cool teas and/or non-carbonated beverages.

If you have taste changes and/or a metallic taste in your mouth, chew sugarless gum or suck on sugarless, fruit-flavored candy. This will stimulate the flow of saliva and reduce bad tastes. Eat using plastic ware. Frequent mouth care, especially before eating, will also diminish the unpleasant taste in your mouth.

If your mouth is becoming reddened or slightly sore, run your soft toothbrush under hot water to make it softer before using it or buy a child's soft toothbrush. Stop brushing if it becomes too painful.

For increasing discomfort, rinse your mouth every two hours.

Keep your lips moist by applying moisturizer or lip balm every 2 hours.

When your mouth is sore, avoid hot (temperature), spicy, acidic (orange juice or fruit, grapefruit, tomatoes, lemon) or coarse, rough foods. Try soft, cool or liquid foods like milk shakes, creamed soups, ice cream, pudding, custards, sherbet, frozen yogurt, popsicles, soft eggs, instant breakfast or protein drinks.

TREATMENT INSTRUCTIONS

CONSTIPATION

Chemotherapy, medications, decreased activity, depression and decreased food intake can all contribute to difficulty having a bowel movement. If you are prone to constipation even before you begin chemotherapy it may be helpful for you to start on a stool softener when you start your chemotherapy.

Recommended stool softeners/laxatives:

Senokot S: once daily (over the counter natural stool softener and laxative)

OR

Miralax Powder: one cap full daily in juice or water (over the counter)

If these methods are not effective, please call our office for additional instructions at 253-428-8700

Please call us at the first signs of a problem or if constipation is unrelieved with medications listed

Remember- DO NOT use suppositories or enemas without permission from your doctor

OTHER SUGGESTIONS

FLUID INTAKE- Drink 64 oz of liquid daily. Include fresh fruit juices and hot liquids upon waking. Remember the broth in soup, Jell-O, popsicles, and pudding are liquids. Caffeine-containing liquids do NOT count toward your daily intake.

DIETARY CHANGES- Include high fiber foods every day in your diet. Use whole grains rather than refined grains (such as white flour). Add bran, fresh fruits, raw vegetables and prunes to your diet.

EXERCISE- Include physical activity as tolerated in your daily routine. If your constipation is not controlled or is causing you pain, please call us for additional instructions

TREATMENT INSTRUCTIONS

DIARRHEA

Diarrhea is the passage of frequent, loose, watery bowel movements. This may be with or without discomfort.

MEDICATIONS- Imodium (over the counter) may help with diarrhea in some circumstances. Please call the triage nurse for any onset of diarrhea. **Some treatment drugs associated with diarrhea have to be treated immediately.**

Below are instructions on using Imodium if directed by your oncology team:

Use Imodium AD (over the counter anti-diarrheal) using these instructions:

- Onset of first loose stool, take 2 Imodium tablets
- After that, take one more Imodium tablet with each loose stool
- DO NOT EXCEED 8 tablets in a 24-hour period unless advised to do so by your doctor
- If Imodium does not stop the diarrhea after the maximum dose, CALL THE CLINIC

TREATMENT INSTRUCTIONS

RECOMMENDATIONS FOR SELF CARE FOR DIARRHEA

FLUID INTAKE- It is important to replace lost body fluids. Drink 64 oz of fluids daily from the following: Gatorade, decaf tea, juices, bouillon or gelatin. All these fluids are high in potassium which is lost when you have diarrhea. Drinking liquids will not make diarrhea worse.

DIETARY CHANGES- Eat a LOW RESIDUE, BLAND diet such as: noodles, custard, cottage cheese, rice, toast, bananas, melons, potatoes, and well-cooked vegetables. Avoid high fiber foods. Have frequent, small meals. If diarrhea is severe, restrict your intake to fluids only.

REPORT TO DOCTOR- More than 3 loose stools per day, diarrhea accompanied by fever, diarrhea accompanied by abdominal pain, or diarrhea accompanied by dizziness or blood. When you call for help, be prepared to tell the nurse the number, amount and appearance of the bowel movements.

RECTAL CARE- Cleanse the area gently after each bowel movement with mild soap, warm water and PAT DRY; do not wipe. Apply A&D ointment, Desitin, or some other soothing, healing cream. You may take a sitz bath or soak in a tub for comfort.

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NUMBNESS/TINGLING IN FINGERS AND/OR TOES

Some therapies can affect the nerves causing the numbness and tingling in your fingers and toes. This is called “peripheral neuropathy.” It may come and go, or it may become a little more noticeable with each subsequent treatment.

Neuropathy can be treated and may resolve after your treatment regimen is finished. Notify your oncologist/nurse of increased numbness and tingling in your hands and feet. It is important to manage symptoms when they first begin.

Notify the staff of any of the following problems:

- Burning or pain in hands or feet
- Difficulty walking
- Pain on hands when touching things
- Difficulty picking up things/difficulty buttoning a shirt because of numbness or pain
- Eye or hearing changes

Some specific treatment agents are prone to causing neuropathy and will be discussed during the treatment teaching session as well as ways to treat it.

TREATMENT INSTRUCTIONS

HAND/FOOT SYNDROME

This is a skin reaction that can be caused by certain medications.

Symptoms include:

- Burning and/or redness of hands or feet
- Dry, cracked skin on hands or feet
- Pain in hands or feet, especially when touching something or walking

These symptoms should be reported as soon as you notice them so treatment can be provided.

Prevention includes:

- Avoid excessive fracture/pressure to hands or feet
- Avoid excessive heat to hands/feet (hot baths, washing dishes in water, etc.)
- Wear comfortable, loose fitting clothing

TREATMENT INSTRUCTIONS

FATIGUE “THE BLAHS”

Some treatments and/or radiation therapy can cause “the blahs” or feelings of weakness, lowered energy, exhaustion and/or lack of motivation. Perhaps you could say, “Just plain tired.”

CAUSES OF FATIGUE

- Anemia: treatment reduces the number of circulating red blood cells that carry oxygen to all the cells in your body
- Insufficient nutritional intake
- Excess waste products in your system due to cell destruction caused by your treatment
- Insufficient sleep or rest
- Chronic pain
- Stress
- Depression

TREATMENT INSTRUCTIONS

YOU CAN HELP FATIGUE BY FOLLOWING THESE SUGGESTIONS

Realize that fatigue is expected with cancer treatment therapy. It is not a sign that your illness is worsening or that treatment is not working.

Conserve energy. Rest when you are tired. Listen to your body. Do the things you want to do when your energy is at its highest level.

Avoid doing too much too soon. Plan for gradually increasing activities. A few small walks or activities performed over the course of the day will help you to maintain and build strength.

Resting all day and then taking one long walk or doing a big chore may use all your energy reserves. Longer periods of rest alternating with short periods of activity will help to maintain energy reserves.

Recognize when fatigue is greatest and accept help at those times. Family and friends want to help and often need direction from you about how to help: childcare, housework, yard work, errands, driving, etc.

Eat well! Small frequent meals with high caloric and protein value will help rebuild tissues.

Work with your doctor/nurse to control pain and other distressing physical symptoms.

Try to enjoy fresh air daily.

Each day do one special thing that you enjoy.

Mention your fatigue to your doctor if you have concerns.

TREATMENT INSTRUCTIONS

SAFE MANAGEMENT OF CHEMOTHERAPY IN THE HOME

If you are receiving chemotherapy to treat your cancer, you must take special precautions to prevent the chemotherapy from coming into accidental contact with others. Your treatment plan may require you to take pills or have a continuous chemo pump at home. The following instructions teach you and your family how to avoid exposure to chemotherapy and how to handle the waste from the chemotherapy in your home.

CHEMOTHERAPY DRUGS ARE HAZARDOUS

Equipment or items that come into contact with the medicines (such as syringes, needles) are considered contaminated. Regardless of how you take the medications, chemotherapy remains in your body for many hours and sometimes days after your treatment. Your body eliminates the chemotherapy in urine and stool. Traces of chemotherapy also may be present in vomit.

Keep oral chemotherapy away from children. It needs to be stored away from other family medications.

DISPOSAL OF HAZARDOUS DRUGS

If you are discontinued from oral chemotherapy, please bring the unused medications back to the clinic for proper disposal or drug recycle program. Do not throw away medications or flush them down the toilet.

BODY WASTE

You may use the toilet (septic tank or sewer) as usual. For 48 hours after receiving chemotherapy, flush with the lid closed. Wash your hands with soap and water afterwards and wash your skin if urine or stool gets on it. Pregnant women should avoid direct contact with chemotherapy or contaminated waste. It is recommended for family members to use another toilet during this time if available.

TREATMENT INSTRUCTIONS

GENERAL SKIN CARE FOR ORAL THERAPY

PREVENTATIVE CARE

- Limit sun exposure
- Wear protective clothing i.e. broad-brimmed hat
- Emollient creams that maintain moisture and do not irritate the skin or nails
- Limit shower time and use lukewarm water and unscented soaps, shower gel and liquid cleansers.
- Use fragrance free lotions containing aloe vera
- Apply moisturizer immediately after bathing, using thick alcohol-free emollient cream
- Other moisturizer recommendations include: Curel, Aveeno, Eucerin, Aquaphor, Cetaphil, Udderly Smooth, Tea tree oils or bag balm for nails
- Drink plenty of water to help remain hydrated
- Keep fingernails and toenails clean and properly trimmed
- Avoid tight shoes
- Wear slippers around the house (avoid being bare foot)
- Wear gloves to wash dishes and when using cleaning agents
- Use sunscreen of SPF 15 or higher (preferably containing zinc oxide or titanium oxide)
- Cleanse skin with mild, hypoallergenic emollient soaps such as Basis or Cetaphil.
- Regular skin cleansing can decrease potential for infections.
- Products with perfume, alcohol, benzoyl peroxide or salicylic acid should be avoided because they may cause dryness and result in further irritation. Avoid laundry soaps that are heavily scented.
- Manage dry skin itching with a gentle cleanser and frequent application of emollient creams that maintain moisture and do not irritate the skin or nails

IMPORTANT: Call your health care provider if you notice any problems with your skin. DO NOT wait until symptoms become worse.

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RATE YOUR PAIN ON A SCALE FROM 0 TO 10

PAIN CAN BE RELIEVED BY FOLLOWING THESE RECOMMENDATIONS:

For chronic pain, take pain medication on a regular schedule to prevent pain from recurring.

Notify your doctor if your pain medicine is not working.

The side effects of pain medicine are constipation, dry mouth and drowsiness (especially when you are just starting the medicine).

Learn how to help your body and mind relax.

Pain medicine causes constipation it is likely you will need a stool softener or laxatives to prevent problems. **Preventing constipation when you take pain medicine is very important!**

Try to distract yourself with TV, music, or other activities you enjoy.

Pain is exhausting. Get plenty of rest. When you are tired, pain seems worse and coping with daily life is more difficult.

If you cannot control pain, please do not wait to call us. You may need a same-day appointment to address the management of your pain.

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FOOD CONSIDERATION

- Shop when you can take the food home right away; don't leave food in the car
- Pick up perishable food (such as meat, eggs, and milk) last
- Place packaged meat, poultry or fish in separate bags to prevent meat juices from dripping onto other groceries or meat
- Avoid any packaged food with dents, leaks, bulging, cracks or showing signs of being tampered with in any way

Storage

- Keep your refrigerator and freezer clean
- Recommended safe refrigerator temperature is 40 degrees Fahrenheit or below
- Recommended freezer temperature is 0 degrees Fahrenheit
- When returning home from shopping, put foods away immediately
- Store raw meat, poultry and fish on the bottom shelf to avoid dripping on other foods
- Raw ground meat, fish and poultry can be stored for one to two days, other red meat can be stored 3-5 days
- Store canned foods in a cool dry place; avoid hot garages and damp basements

Preparation

- Wash hands before, during and after food preparation and serving
- Use plastic or glass surface for cutting raw meat and poultry
- Use a separate cutting surface for cutting fruit, vegetables and bread
- Wash cutting surfaces thoroughly with hot soapy water during food preparation or wash in dishwasher
- Wash all fruits and vegetables thoroughly before cutting, cooking or eating them
- Defrost frozen food on a plate in the refrigerator or microwave, cook immediately after thawing

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- Wash kitchen towels and cloths at least twice weekly or more often in hot water in a washing machine
- Ensure safety of drinking water, if there is doubt, use bottled water

Cooking

- Do not leave perishables out for more than two hours
- Properly refrigerate leftovers and use within 3-4 days
- Follow the handling and preparation instructions on product to ensure safety
- Do not eat foods beyond their expiration date

Eating Out

- Apply the same rules for eating out as you would at home
- Send back any food if it is undercooked
- Do not order any raw or lightly steamed fish and shellfish such as oysters, clams, mussels, sushi or sashimi

Meat, Poultry, Fish

- Do not eat raw or undercooked meat, poultry, fish or shellfish
- Cook meat, poultry or fish until no longer pink in the middle
- Fish should be cooked until flaky but not rubbery
- Temperature inside meat should be greater than 165 degrees Fahrenheit
- Cook poultry to internal temperature of 180-185 degrees Fahrenheit
- Cook fish to 160 degrees Fahrenheit
- Cook and eat only shellfish that are closed before cooking

Dairy

- Eat or drink only pasteurized dairy or milk products

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Eggs

- Do not eat foods that contain raw eggs such as Caesar salad, cookie dough, or hollandaise
- Cook egg until yolk and white is solid and not runny
- If eating fried, ensure both sides are fried

Fruits and Vegetables

- Raw fruits and vegetables are safe to eat if they are washed carefully
- Discard any fruit or vegetable with mold
- Wash well under cool running water
- Do not let fruits and vegetable sit un-refrigerated
- Discard outer leaves of leafy vegetables

Water

- Do not drink water directly from lakes, rivers, streams or springs
- Clean water bottles and ice trays with soap and water before using

TREATMENT INSTRUCTIONS

NATURAL DOESNT NECESSARILY MEAN SAFE

Most herb-drug interaction concerns are related to high-dose antioxidant and vitamin use during treatment, and the estrogen hormone effects and blood thinning properties of supplements.

WHAT IS AN ANTIOXIDANT?

Antioxidants are substances that protect the body's cells from damage by free radicals. Free radicals are by-products of the body's normal processes. Radiation therapy and some types of chemotherapy work by creating free radicals that destroy cancer cells. Taking high levels of antioxidants during therapy may counteract the effectiveness of these treatments.

SAFETY CONSIDERATIONS

- Tell your healthcare team about any herbal products and supplements you are using or considering using. These products may interact with any medications you are taking, not just chemotherapy.
- Bring the bottle of supplements to your doctor for approval of the dose and to ensure ingredients do not interfere with your treatment.
- Check the product labels for both the quality and concentration of active ingredients contained in each product.
- If you are not sure if a dietary supplement you are taking contains an antioxidant, ask your doctor or pharmacist.
- Stop taking the product immediately and call your doctor if you experience side effects such as wheezing, itching, numbness or tingling in your limbs.

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HERBAL PRODUCT	INTERACTION	PATIENTS THAT SHOULD AVOID USE
Antioxidant Properties: Garlic, Grapeseed Extract, High-Dose Vitamin E & Vitamin C, Gingko Bilaba, Selenium, Panax Ginseng, Green Tea, Red Clover, CoQ	May interfere with cancer killing effects of certain chemotherapy and radiation therapy	Undergoing radiation therapy Chemotherapy that have a free radical dependent mechanism (e.g. Adriamycin, bleomycin, epirubicin, mitoxantrone)
Estrogen Hormone Properties: Soy Products, Flax Seed Oil, Black Cohosh, Chasteberry, Gingko Biloba, Dong Quai, Red Clover	Estrogenic effect may stimulate estrogen-dependent tumor growth	Breast cancer (especially those with tumors that are stimulated by increased estrogen in the body) Endometrial cancer
Blood Thinning Properties: Garlic, Grapeseed Extract, Megadose of Vitamin E & C, Gingko Biloba, Selenium, Panax Ginseng	Inhibit platelet aggregation and increased risk of bleeding	Undergoing surgery, low platelet count Anticoagulant therapy (e.g. Aspirin, Warfarin, Plavix)
Photosensitivity Properties: St. John's Wort, Chrysanthemum, Dong Quai, Shitake Mushroom	Increase skin sensitivity or responsiveness to sunlight	Undergoing radiation therapy
Others: St. John's Wort, Echinacea, Shark Cartilage	Increase metabolism of drugs that result in lower drug levels in the body. Boost the Immune System Inhibit angiogenesis or blood vessel formation.	Concurrent chemotherapy, antidepressants and drugs that undergo the same metabolic pathway as St. John's Wort Lymphoma patients Concurrent immunosuppressive drugs Hypercalcemia Vascular Insufficiency (ex. Coronary artery disease) Pregnancy

TREATMENT INSTRUCTIONS

FREQUENTLY ASKED QUESTIONS

Question: Is it safe for family members to have contact with me during my treatment?

Answer: Yes. Eating together, enjoying favorite activities, hugging and kissing are all safe.

Question: Is it safe for my family to use the same toilet as I do?

Answer: Yes, however closing the lid and flush twice after each use is recommended. During the course of treatment family members should be encouraged to use separate toilet if available to reduce risk of exposure.

Question: What should I do if I do not have control of my bladder or bowels?

Answer: Use a disposable, plastic backed pad, diaper or sheet to absorb urine or stool. Change immediately when soiled, and wash skin with mild soap and water. If you have an ostomy, your caregiver should wear gloves when emptying or changing the bags.

Question: What if I use a bedpan, urinal or commode?

Answer: Your caregiver should wear gloves when emptying body wastes. Rinse the container with water after each use and wash it with soap and water at least once a day.

Question: What if I vomit?

Answer: Your caregiver should wear gloves when emptying the basin. Rinse the container with water after each use, and wash it with soap and water at least once a day.

TREATMENT INSTRUCTIONS

Question: Are there any special precautions for the laundry and trash?

Answer: Yes. When handling trash or laundry that has come in contact with chemotherapy or body fluids within 48 hours after treatment, do the following: Wear gloves to handle contaminated trash or laundry. Wash your hands before and after removing the gloves. Contaminated trash can be placed in special bags if you were supplied with these or doubled bagged in a plastic leak proof bag. If possible, wash contaminated laundry right away. If you cannot wash it right away, place in a leak proof plastic bag and wash as soon as possible.

Wash contaminated laundry separate from other laundry, using regular laundry detergent and warm or hot water.

Question: Is it safe to be sexually active during my treatment?

Answer: Ask your doctor or your nurse this question. It is possible that traces of chemotherapy may be present in vaginal fluid and semen for up to 48 hours after treatment. The most conservative recommendation is to use barrier protection during sexual activity for 48 hours post-treatment. Special precautions may be necessary.

Question: What do I do if there is a chemotherapy spill?

Answer: If chemotherapy or body fluids (within 48 hours after treatment) are spilled or splashed:

- Wear gloves to clean up the spill/splash
- Wipe up the spill with paper towels
- Clean the area with soap and water and rinse using paper towels
- Dispose of trash in specially marker containers (if you were provided them) or double bag in leak proof plastic bags and call the clinic for further instructions
- Wash hands before and after removing gloves

TREATMENT INSTRUCTIONS

Question: How should I store oral chemotherapy at home?

Answer: Store chemotherapy and equipment in a safe place, out of reach of children and pets. Do not store chemotherapy in the bathroom, as high humidity may damage the drugs. Check medicine labels to see if your chemotherapy should be kept in the refrigerator or away from light. Be sure all medicines are completely labeled.

Question: Can I travel with my chemotherapy?

Answer: Yes. Usually, traveling is not a problem; however, because some chemotherapy requires special storage (such as refrigeration), you may need to make special arrangements. Check with your nurse, doctor or pharmacist for further instructions. Regardless of your means of travel (airplane, car or other), always seal your chemotherapy drugs in a plastic bag.