



A PATIENT'S GUIDE TO CHEMOTHERAPY



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Dietary Suggestions

...For eating well on the day of the treatment and the day after...

Eating before treatment

- ✿ We suggest that you eat before receiving chemotherapy.
- ✿ If you have a late morning afternoon appointment, eat a snack before your appointment. Otherwise, eat a regular breakfast or lunch.
- ✿ Do not fried or greasy foods.





Prevention of Nausea

- ✿ After receiving treatment we have found our patients have less nausea if they are not hungry.
- ✿ You may need a mid-morning and mid-afternoon snack to prevent nausea.
- ✿ You should eat a bedtime snack for 2-3 days after chemotherapy.
- ✿ The best snacks are starchy and bland such as: pretzels, crackers, toast, English muffins, bagels, vanilla wafers, animal crackers or popcorn that is no greasy.



Eating If Your Are Nauseated



- ✿ The above starchy, bland foods would also be good choices if you are nauseated.
- ✿ Eat small amounts with sips of clear liquids and increase amounts slowly.



Morning After Chemotherapy

- ✿ For 2-3 days after chemotherapy you should take your medications with food unless specifically told to take on an empty stomach.
- ✿ Drink your fluids with breakfast, not before.



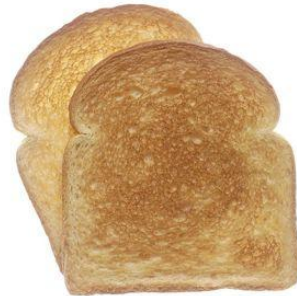
Food to Avoid The Day of The Treatment and The Day After The Treatment

- ✿ Fatty, greasy or fried food
- ✿ Red meats–tend to have a bitter taste
- ✿ Spicy foods–hard to digest
- ✿ Foods with strong odors especially if you are cooking.



These Foods are Generally Easy to Digest, but Are Only a Short List Possibilities.....

- * Toast and crackers
- * Skinned chicken (baked or broiled)
- * English muffins
- * Baked fish
- * Animal crackers
- * Fruits and vegetables that are soft or bland, such as canned peaches



- * Yogurt
- * Sherbet
- * Pretzels



- * Beverages sipped slowly between meals
- * Angel food cake
- * Pound cake
- * Macaroni and cheese
- * Oatmeal
- * Cereal
- * Waffles
- * Pancakes



Some Clear Fluid Suggestions

- * Water
- * Grape juice
- * Apple juice
- * Cranberry juice (or combinations)
- * Kool-Aid
- * Soft drinks
- * Tea
- * Chicken soups or broth
- * Crushed ice
- * Ice popsicles
- * Jell-O
- * Gatorade



General Guidelines

Medications to avoid

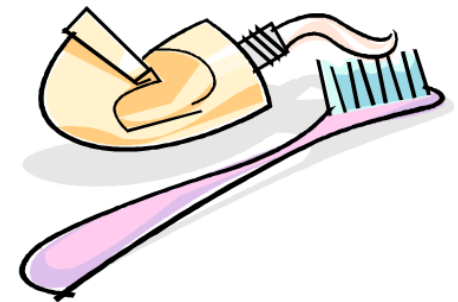
- ✿ Avoid taking too much aspirin and ibuprofen (such as Motrin, Advil) because the medications effect your platelets as does chemotherapy. Platelets are cells in your blood involved in your blood clotting.



Mouth care Guidelines

Mouth care is very important while you are getting treatment. Sensitive tissues in your mouth may become irritated during treatment.

- ✿ Use a soft toothbrush only
- ✿ Any commercial toothpaste is fine
- ✿ Any commercial denture cleanser is fine
- ✿ Do **not** use any commercial mouth wash
- ✿ Ask your doctor for a special mouthwash
- ✿ Keep your lips moist with something like lipstick, Chapstick, Vaseline or Blistex.



If you develop mouth soreness..

- ✿ For mouth soreness swish and gargle with baking soda
- ✿ Mouth wash (mix $\frac{1}{2}$ cup warm water with $\frac{1}{2}$ teaspoon baking soda) after meals and at bedtime.
- ✿ If your mouth soreness increases, call your physician for additional instructions, especially if the soreness interferes with eating or drinking.



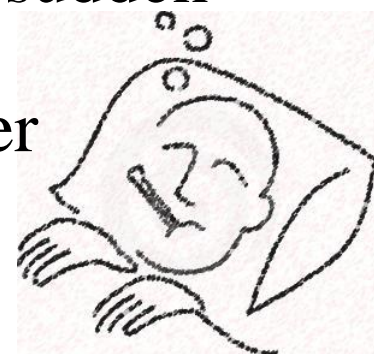
For diarrhea lasting longer than 12 hours

- ✿ Try Kaopectate or Imodium AD (loperamide) tablets.
- ✿ Please call if the diarrhea continues after another 24 hours, especially if associated with abdominal pain or cramps.



If you experience any of the following problems call the office within 24 hours

- ✿ Signs and symptoms of infection including fever greater than 100.5F, shaking chills, burning on urination or cough productive of dark mucus. Please have a thermometer available that you can read.
- ✿ Vomiting that doesn't stop with the medicine we have ordered for nausea.
- ✿ Your platelets may be low if you notice any unexplained bruising or bleeding.
- ✿ Severe sudden headache, change in balance, or sudden change in vision.
- ✿ Any unusual physical symptoms that began after chemotherapy.



To refill your prescription of a medicine ordered by our office



- Check on the medications you need and ask for refills during your visit with the doctor.
- If refills are needed between visits, please call 24 hours in advance. You can pick up written prescriptions the next day or they can be mailed to you.



Nutrition



- ✿ You should consult with your physician or the dietitian at any hospital if you are using alternative therapies including high doses of vitamins or minerals, herbal preparations or changing your diet.
- ✿ They will evaluate the safety of these therapies with your chemotherapy.



Reminder

- ▶ You may bring food and something to drink with you to have during your treatment

