

Atlantic Hematology /Oncology
732-528-0760
Chemotherapy Follow Up Guidelines

- ❖ Chemotherapy may affect some of your good cells such as your white blood cells (WBC), which are responsible for fighting infection; red blood cells (RBC) which carry oxygen throughout your body; and platelets which help blood clot. Call the office if you experience any of the following symptoms: a temperature of 100.5 or higher, with or without chills; extreme weakness, fainting, or shortness of breath; abnormal bleeding including black tarry stools, blood in your urine, bloody nose or unexplained bruising.
- ❖ Call the office for persistent nausea, vomiting, or diarrhea -- especially if it lasts more than 24 hours without relief from current medications.
- ❖ Avoid all aspirin and aspirin containing products, such as Advil, Aleve, Ibuprofen, and Motrin, unless instructed by your physician.
- ❖ Use an electric razor for shaving and a soft toothbrush for oral care.
- ❖ Avoid all over the counter mouthwashes that contain alcohol. Call the office for any changes in sensitivity to hot or cold foods, mouth sores, tenderness or trouble swallowing. Mix 2 teaspoons baking soda and a dash of salt in 1 pint of water. Rinse after meals and at bedtime to keep the mouth clean.
- ❖ Call the office if you are scheduled for dental work or other invasive procedures so that we can make sure your blood work is within a safe range.
- ❖ If you are taking narcotic pain medication, such as morphine or Percocet, you need to be on a bowel regimen (copy in blue folder) to prevent constipation. Call the office if you have not moved your bowels in 2-3 days.
- ❖ Drink plenty of fluids (water, juice, etc), at least one quart a day. If unable to drink anything in a 24hour period, call the office.
- ❖ Be careful with sun exposure. Most chemotherapy can cause sun sensitivity – which means that you may burn easier. Use a sunscreen spf 15 or higher.
- ❖ Do not perm or dye your hair while undergoing chemotherapy. It may cause your hair to thin, fall out, become damaged or turn a different color than anticipated. A vegetable based dye may be used.
- ❖ Approach sexual activity at your own pace. Feel free to discuss your individual needs.