

## ***Information Sheet for Patients on Chemotherapy***

### **Patients have to take following precautions to avoid severe complications of chemotherapy.**

1. Most of the chemotherapies decrease patient's immunity. Hence they are prone for infections and also such infections can spread fast in the body. Hence, take your temperature when you have chills, sweats or feel feverish. Immediately report to hospital if temperature is greater than or equal to 38°C (100 F). Severe vomiting, abdominal pain, loose motions, sore throat, pain at PICC line site, headache or any other severe symptom can be a sign of serious infection. Hence report to hospital immediately if such symptoms appear, even if there is no fever. Even if you feel fairly well, you must go to your nearest hospital Emergency Room for starting intravenous antibiotics (Inj. Piperacillin + Tazobactam or Meropenum).
2. Visitor can harbour infections which can be lethal to patient if transmitted. Hence avoid visitors, especially when admitted in the hospital. It is preferable to have 1-2 bystanders throughout the entire course of treatment.
3. Stay away from large crowds or people who have flu, colds or contagious diseases. Stay in naturally ventilated and healthy environment.
4. Be active and do your daily activities which do not cause too much tiredness.
5. Clean your hands with soap and water regularly. Wash your hands well before eating and after using the toilet.
6. Anything which is properly cooked or fried or boiled can be taken. Avoid outside food. Eat well cooked meals. Avoid raw vegetables. Avoid raw meat or fish. Fruits like banana and orange are allowed.
7. Drink at least 8 glasses of fluid a day (most of them without caffeine). Drink water that is sterilized by boiling.
8. Keep your hands away from your mouth. Do regular mouth care (salt water gargling) 3-4 times a day to help prevent mouth sores. Brush every day. Use soft brush.
9. Shower or bathe daily if able.
10. Clean any scrape or cut immediately with soap and warm water. Cover with a bandage to protect from infection.

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11. Prevent constipation. If you need a laxative, ask your nurse, doctor or pharmacist for help.
12. Do not work in the garden. Avoid contact with plants and flowers. Do not touch animal droppings, or clean litter boxes or birdcages.
13. Do not share drinking glasses or eating utensils.
14. Unnecessary delays in chemotherapy increase the risk of relapse of disease (i.e. disease coming back). Hence come for follow up as advised.
15. Be Positive. Several studies have shown that, improves overall success rate of treatment.
16. Make sure you will not get pregnant while on chemotherapy. These medicines can produce serious defects in developing child.

**Dr. Girish Kamat MD, DNB (Hematology)**

Professor,  
Department of Hematology,  
SDM College of Medical Sciences and Hospital,  
Sri Dharmasthala Manjunatheshwara University,  
Dharwad- 580008

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