



MANAGING SIDE-EFFECTS **OF CHEMOTHERAPY**

A Guide For Patients



Gleneagles Hospital
SINGAPORE



Mount Elizabeth™
ORCHARD



Mount Elizabeth™
NOVENA



Parkway East Hospital

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This booklet is designed to provide you with a guide on how best to safeguard your health. However, they are not intended to be exhaustive instructions. In specific cases you may receive different/additional instructions from your doctor. You are advised to follow any specific written or oral instructions given to you by your doctor or healthcare worker. Please seek clarification in case of doubt.



*Content contributed by :
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When to See Doctor



1

Fever $> 37.5^{\circ}\text{C}$



2

Vomiting $> 3\text{x/day}$



3

Diarrhoea $> 3\text{x/day}$



4

Severe abdominal cramps



5

Constipation $> 3\text{ days}$



6

Throat pain & difficulty in swallowing

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Management



Proper hand washing



Avoid crowded places



Avoid pets, plants, fresh-cut flowers



Avoid people with flu



Avoid physical and contact sports



May need white cell injection / blood / platelet transfusion



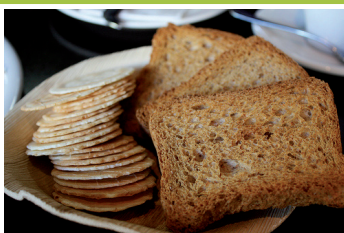


Nausea & Vomiting



Take anti-vomiting medication $\frac{1}{2}$ hour before chemotherapy

Continue anti-vomiting medication as ordered



- Eat small frequent meals
- Toast and crackers
- Suck ice chips or candy



- Non-greasy / fatty food



Signs and Symptoms of low blood counts



Anaemia

(Low Red Blood Cells Count)

- Lack of energy
- Dizziness
- Headache
- Pallor (Pale colour of skin)
- Shortness of breath



Neutropenia

(Low White Blood Cells Count)

- Fever and chills



Thrombocytopenia

(Low Platelet Counts)

- Easy bruising
- Petechiae (red dots on body)
- Any signs of bleeding (e.g. mouth & nose)



Diarrhoea



- Drink 2-3 litres of water a day (for adults)



- Eat low fibre food (bread, porridge, steam fish)



- Avoid raw vegetables / fruits / milk / cheese



Alopecia (Hair Loss)

Patient may or may not experience hair loss

For your own comfort and image, you are advised to:



- Keep hair short



- Use soft-bristle hair brush



- Use mild shampoo



- Wear wig / scarves / caps



Constipation

Assess baseline elimination pattern



- Drink 2-3 litres of water a day (for adults)



- Eat high fibre food (cereal, whole wheat bread, prune juice)



- Exercise / walk daily



Mouth Ulcer

If you have mouth ulcer:



- Eat soft, bland food – porridge



- Use soft toothbrush



- Regular antiseptic mouthwash after meal

WISHING YOU A SPEEDY RECOVERY!

The 24-hour Central Patient Assistance Centre Helpline (65) 6735 5000 is a free service that seamlessly connects patients to relevant medical services and doctors across Parkway Hospitals and clinics.

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The pamphlet contains general information and advice for Hand Hygiene.