

# HELP WITH MANAGING CERTAIN SIDE EFFECTS



If you experience any side effects, call your doctor. He or she may need to:

- Treat you with additional medication to address the problem
- Reduce your dose
- Tell you to withhold treatment for a short period of time, or discontinue treatment in severe cases

## MY DOCTOR



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Name



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Number

Please note: The following tips have been developed based on information from a variety of organizations that provide information and support to people affected by cancer.



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# DIARRHEA



Contact your healthcare team if you have:

- Bowel movements that are frequent, loose, or watery
- Diarrhea right after you eat or drink anything
- Pain in the stomach, nausea, or vomiting that prevents you from drinking fluids, or fever
- Red or black stools (tar-like); this could be a sign of bleeding
- More than 4 episodes of diarrhea after using loperamide

**NOTE:** Any of these symptoms could be a sign of a more serious condition. It is very important to keep your doctor informed right away about your diarrhea.

# TIPS FOR MANAGING DIARRHEA

- Drink water frequently, but avoid drinking milk (or dairy containing lactose) or alcohol, and limit caffeinated drinks (coffee, soft drinks)
- Eat small, frequent, light meals such as bananas, rice, applesauce, dry toast, or mashed potatoes
- Stop eating dairy (containing lactose) and high-fat meals. Avoid foods that are spicy, greasy, fatty, or high in fiber (raw vegetables, nuts, whole grains)
- Keep track of how often you have diarrhea, the amount of fluid you drink, and your weight
- After each bowel movement, gently clean anal area well with a mild, fragrance-free soap or baby wipes and pat dry. Once dry, you may apply petroleum jelly or A+D® Ointment to the outer rectal area

**Loperamide is included in your care kit.**



Read the package and talk with your doctor to be sure that loperamide is safe for you. If your doctor approves your use of loperamide:

- ▶ Take 2 caplets after the first loose stool and 1 after each loose stool thereafter. Do not take more than 4 caplets in a 24-hour period. Your doctor may provide specific instructions for use, which you should always follow

# MOUTH CARE

Certain medications used to treat cancer may cause mouth problems, such as:

- Canker sores
- Gum or mouth pain
- Infections or abscesses of the teeth
- Slowed healing after a dental procedure
- Burning sensation of the tongue
- Change in how things taste



**Contact your healthcare team if you have:**

- Sores in the mouth or throat, teeth problems, or jaw problems
- Planned surgery including dental work. Your doctor may want to interrupt your treatment
- A cough, or difficulty eating or drinking due to gagging or choking

**Schedule regular dental checkups and practice good oral hygiene by regularly brushing your teeth and flossing.**



Tell your dentist about the treatments you are taking.

## TIPS FOR MANAGING MOUTH PROBLEMS

- If you are experiencing mouth sores or dryness, rinse your mouth every 2 hours with a salt and baking soda solution: add 1 teaspoon of salt and 1 teaspoon of baking soda to 1 quart of warm water. Shake solution before use. Do not use mouthwash with alcohol
- Keep lips moisturized with a lip balm such as ChapStick®
- Use a saliva substitute (carried by most drug stores) or suck on hard candies

## TIPS FOR SOOTHING MOUTH PAIN

- Suck on ice chips or ice pops
- Talk to your doctor about over-the-counter medications that can be used to manage your pain
- Sip water before and after each meal
- Avoid hard, hot, sharp, and spicy foods

# NAUSEA AND VOMITING

Contact your healthcare team if you have:

- Nausea, especially if it prevents you from eating or is otherwise intolerable
- Any vomiting
- Nausea and vomiting, even if you are taking medication to control them



**Call your healthcare team IMMEDIATELY if you:**

- Develop stomach pain or constipation
- Vomit blood or if your vomit looks like coffee grounds: this may require immediate medical attention

# TIPS FOR MANAGING NAUSEA AND VOMITING

## For nausea

- Drink plenty of clear liquids
- Eat small amounts of food throughout the day. Do not eat heavy, fatty meals or greasy foods
- Avoid strong odors
- Do not lie flat for at least 1 hour after eating. Rest by sitting up in a chair or recliner
- Use calming techniques such as meditation and deep breathing

## For vomiting

- Keep track of how often you are vomiting, the amount of fluid you drink each day, and your weight
- After vomiting stops, try to slowly sip a small amount of cold liquid. You might prefer to suck on some ice chips or frozen juice chips

Your doctor may prescribe medication for nausea and vomiting.

**Queasy Drops<sup>®</sup> are included in your care kit.**

Queasy Drops<sup>®</sup> contain ingredients that may help stop nausea and dry mouth.

- ▶ Talk to your doctor before using
- ▶ Suck on Queasy Drops<sup>®</sup> just like hard candy
- ▶ Do not chew

# FATIGUE

Fatigue, or feeling tired or weak, is a common side effect of certain cancer treatments.

Tell your healthcare team if your fatigue is:

- Bothersome or does not go away
- Interferes with your daily activities



**If you feel that your cancer treatment is causing you to feel tired, contact your healthcare team**

## TIPS FOR MANAGING FATIGUE

- Get a good night's sleep each night
  - The proper amount varies for each person, but typically ranges from 7 to 8 hours
- Maintain good sleep habits
  - Go to bed and wake up at the same time each day
  - Avoid heavy meals and caffeine before bedtime
  - Ensure your bedroom is quiet, dark, and is at a comfortable temperature

## TIPS FOR MANAGING FATIGUE (CONT'D)

- Be more active at times when you have more energy. Talk with your doctor about which activities may be right for you. It is best to start slowly and increase your activity level gradually
- Plan ahead. Decide which activities are most important to you. If possible, try to space out activities throughout the day, so you can take breaks between them
- Eat a healthy diet and exercise regularly
  - Consume enough calories and protein to give your body the energy it needs
  - Consider meeting with a registered dietitian who specializes in helping people with cancer

# HAND-FOOT SKIN REACTION (HFSR)

Certain medications used to treat cancer may cause HFSR.



**Contact your healthcare team if you have:**

- Tingling, burning sensation, or peeling of the palms of your hands or the soles of your feet
- Redness, pain, swelling, or blisters on your hands or feet

Even if your doctor knows you are experiencing these signs and symptoms, call your doctor if they worsen or prevent you from doing your normal daily activities.

Your doctor may prescribe creams to treat or limit HFSR or medications for pain relief, they may refer you to a dermatologist, or they may interrupt or reduce the dose of your cancer medication.

**Udderly Smooth<sup>®</sup> is included in your care kit.**



- ▶ Apply to your hands and feet multiple times a day by gently patting it on (avoid rubbing), or as directed by your healthcare team

You can also use other mild, fragrance-free lotions.

# TIPS FOR MANAGING HFSR

- Heat may worsen symptoms or make them more likely to occur
  - Avoid exposing your hands or feet to hot water
  - Limit exposure to direct sunlight or other heat sources
  - Use sunscreen with a sun protection factor (SPF)  $\geq 30$
  - If your hands and feet feel hot, carefully cool them with an ice pack
- Take short, cool showers or baths
  - Avoid taking hot showers
- Pressure, friction, or rubbing may worsen HFSR or make it more likely to recur
  - Don't use hammers, shovels, knives, or other tools
  - Choose loose clothing and comfortable, well-fitting footwear
  - Gently pat the skin dry after washing your hands or bathing
- Keep the palms of your hands and soles of your feet dry
  - Use cotton gloves and socks to help protect your hands and feet

# HIGH BLOOD PRESSURE

Certain cancer medications may cause an increase in blood pressure, which can be severe.



**Contact your healthcare team if you have:**

- A sudden increase in blood pressure
- Blood pressure that does not stay within the recommended range
- Dizziness
- Shortness of breath
- Any new or worsening symptoms

# TIPS FOR MANAGING HIGH BLOOD PRESSURE

- Your healthcare team may ask you to take your blood pressure regularly. Monitor your blood pressure regularly, or ask someone else to take it for you. Keep a record of your blood pressure readings to share with your healthcare team
- Make healthy lifestyle choices
  - Limit your consumption of salt, caffeine, and alcohol
  - Eat a healthy diet, exercise regularly, and control your weight

Your doctor may adjust blood pressure medications you are currently taking or prescribe new medications to manage your blood pressure.