



NYUCancerInstitute

CHEMOTHERAPY * GUIDELINES

These are a few suggestions to help you understand and tolerate your treatment. These suggestions could be altered according to your specific needs.

- 1- Check in at the reception desk. The receptionist will direct you to the lab for a blood test. Blood results are necessary before administering chemotherapy.
- 2- Drink plenty of fluids (6-8 glasses) for the first 72 hours after treatment. (i.e. water, tea, seltzer, apple juice, Gatorade).
- 3- Eat lightly on the day of your treatment but make sure you do eat, especially at bedtime. The day of therapy and 2-3 days after avoid spicy, greasy food, citrus fruits and juices, tomatoes and red meat. You may resume your normal diet 2-3 days post treatment. Suggested foods include turkey, chicken, soups, crackers, vegetables, eggs, bread, cheese, cereal with milk, potatoes, rice.
- 4- No aspirin or drugs containing aspirin.
- 5- Make sure you use a good sun screen (SPF 15) if you are going to be exposed to the sun.
- 6- Check with nurse or **MD** prior to any dental work or minor surgery. The weeks between your treatments are not a good time for elective dental work. If you need to have dental work or any other invasive procedure done during that time you will need a blood count.
- 7- If you experience diarrhea you may take **IMMODIUM AD** as directed, drink plenty of fluids.
- 8- Constipation is a potential side effect of anti-nausea medication. **SENOKOT** is recommended to be taken as directed. Senokot may be purchased over-the-counter.
- 9- Mouth care is very important during chemotherapy: Rinse with warm water 3 times daily. Brush teeth for more than 90 seconds. Please call nurse or **MD** if mouth sores occur.
- 10- Inform **MD** if you are receiving any complementary medications or treatments (high-dose vitamins, homeopathic remedies). If you currently take a daily multi-vitamin, you may continue to do so. No antioxidants the day before, day of, and day after chemotherapy. (vitamin A, C, D, E, beta carotene, co-enzyme Q10).
- 11- Call office if you develop a fever of 101.0 Fahrenheit or above.
- 12- Pre-menopausal women should use birth control with your partner during treatment. For all males receiving chemotherapy, a condom is recommended for the first 48 hours after the last dose of chemotherapy.
- 13- Please do not hesitate to call if any problems or questions arise. (212) 652-1932 the infusion room is open Monday through Friday 9am to 5pm. We are closed weekends and holidays. If you have an emergency when the office is closed, you must dial your physician's number directly, and leave a message with the paging service, not on an answering machine.