

INSTRUCTIONS FOR MANAGING SYMPTOMS FOLLOWING CHEMOTHERAPY

1. Use Zofran (Ondansetron) 8mg tablets every 8-12 hours following chemotherapy. You may start the following morning. Continue taking the Zofran tablet for 48 hours. This is to **prevent** or control nausea. You may experience headaches, fatigue, or slow heart rate. If these side effects are too bothersome, stop using the Zofran and use the Compazine (prochlorperazine) as directed.
2. You may take Compazine (prochlorperazine) one pill every 6-8 hours as needed if you are still nauseated after chemotherapy. Use the compazine as directed as many days as the nausea lasts. If the nausea is not relieved or you are vomiting, call the office. If this pill makes you jittery, stop taking it. You may take Ativan (lorazepam) to help with the jitteriness.
3. In some cases, you may take Ativan (lorazepam) one pill every 8-12 hours as needed to control nausea or to help calm you. This medicine will make you sleepy. It is also helpful to take at bedtime to help you sleep.
4. Drink as much fluids as you can tolerate. Eat and drink whatever appeals to you. You know you are drinking enough fluids if you need to urinate frequently. If you are not able to drink and are not urinating, you must call the office.
5. It is normal to experience pain in your muscles and joints 3 to 5 days following chemotherapy. Ibuprofen (Motrin, Advil) 2 tablets every 6 hours may relieve this pain. **However, this must be approved by your physician.** You may use up to 4 tablets every 6 hours. If the pain is not relieved, use stronger pain medication if you have a prescription or call the office. Do not use aspirin
6. Some suggestions for constipation include:
 - Drink fluids
 - Milk of Magnesia as directed
 - Miralax as directed
 - Colace (docusate sodium) or Peri-Colace (casanthranol & docusate sodium) tablets as directed
 - Eat fresh fruits and vegetables and fiber containing foods if you can tolerate them
7. Some suggestions for diarrhea include:
 - Drink fluids
 - Soft bland diet
 - No fresh fruits or vegetables (cooked and canned are OK)
 - Pepto Bismol as directed
 - Immodium AD as directed
8. Call Dr. Sharma's office immediately for a temperature above 101 F.

If you have any concerns or questions, please call (630) 601-7719