

Delaware Clinical & Laboratory Physicians, P.A.

Chemotherapy Guidelines

Eat breakfast or lunch before your chemotherapy. Avoid spicy, fatty, greasy, or fried foods and citrus juices that day. If you have a long treatment you can eat while getting chemotherapy, bring drinks and food with you.

If you are nauseated after your chemotherapy treatment, you may take Compazine or other prescribed anti-nausea medications. Do not wait till you are vomiting to take medication for nausea. Try small amounts of fluids frequently 30 min after taking the anti-nausea medication.

After your treatments, drink plenty of fluids if instructed to do so. Avoid caffeine and alcohol as they are dehydrating and tend to cause upset stomach.

Call _____ your triage nurse at 302-737-7700 during office hours with any questions or problems. Our office is open from 08:30- 4:30 Monday through Friday.

For emergencies after hours call 302-737-7700 and leave a message with our answering service. They will notify our physician on call who will return your call. One of our physicians is on call 24hrs a day 7 days a week including holidays.

Do not take aspirin unless your doctor approves it. Use Tylenol (acetaminophen) for pain. If the pain is not relieved by Tylenol call your triage nurse.

Call our office for a temperature of 100.5 or higher, repeated vomiting, or mouth sores.

If you need a mild laxative, take Senekot-S. If you need an anti-diarrheal medication, take Immodium-D, but check with your triage nurse for directions of taking these medications.

Call our office for diarrhea (4 or more loose watery stools/day) or severe constipation.

Use baking soda mouth rinses(1 tsp baking soda in a cup of cold or room temperature water) 4-6 times a day to help fight against mouth sores during treatment.

Wear protective clothing and sunscreen to avoid sun exposure. Chemotherapy drugs can alter your skin's sensitivity to the sun causing you to burn easier.

Your skin texture may change, feeling dry or scaly. Try using a moisturizing lotion without alcohol.

Ask your physician if you should avoid eating raw or partially cooked meats, fish or vegetables. Wash your vegetables well before eating.

Do not go to the dentist for routine care. Call our office if you have a dental problem. Try to schedule cleanings and check-ups prior to the start of chemotherapy.