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... *Managing Cancer-Related Fatigue with Exercise*
(www.mskcc.org/cancer-care/patient-education/managing-cancer-related-fatigue-exercise) |

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Pedialyte®, Gatorade®, Powerade®, ...
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... *Managing Cancer-Related Fatigue*
(www.mskcc.org/cancer-care/patient-education/managing-related-fatigue)
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 Please visit www.mskcc.org/hi/cancer-care/patient-education/video/how-manage-nausea-during-chemotherapy to watch this video.

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- 24 hours before treatment, eat a normal diet. 3 days before treatment, eat a normal diet.
- Avoid eating or drinking anything that is spicy, greasy, or fatty. Avoid eating or drinking anything that is hard to digest, such as nuts, seeds, and whole grains.
- Avoid eating or drinking anything that is high in fiber, such as fruits, vegetables, and whole grains.
- Avoid eating or drinking anything that is high in sugar, such as candy, soda, and fruit juice.
- Avoid eating or drinking anything that is high in fat, such as butter, oil, and cheese.

For more information on how to manage nausea and vomiting, visit www.mskcc.org/cancer-care/patient-education/nausea-and-vomiting.

Managing Nausea and Vomiting
www.mskcc.org/cancer-care/patient-education/nausea-and-vomiting



Please visit www.mskcc.org/hi/cancer-care/patient-education/video/how-manage-constipation-during-chemotherapy to watch this video.

1. Eat a normal diet. 3 days before treatment, eat a normal diet.

- Avoid eating or drinking anything that is spicy, greasy, or fatty.
- Avoid eating or drinking anything that is hard to digest, such as nuts, seeds, and whole grains.
- Avoid eating or drinking anything that is high in fiber, such as fruits, vegetables, and whole grains.

For more information on how to manage constipation, visit www.mskcc.org/cancer-care/patient-education/constipation.



- Avoid eating or drinking anything that is high in sugar, such as candy, soda, and fruit juice.

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- ... Colace® |
- ... Senokot® MiraLAX® |

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... *How to Manage Constipation*
(www.mskcc.org/cancer-care/patient-education/constipation) ... |

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Diarrhea is a common side effect of chemotherapy. It is characterized by frequent, watery stools.

Managing Diarrhea (www.mskcc.org/cancer-care/patient-education/diarrhea) |

Diarrhea is a common side effect of chemotherapy. It is characterized by frequent, watery stools.

- 24 hours, 4 or more watery stools, or stools that are very loose or watery.
- Diarrhea that is severe or persistent.
- 2 or more BRATY (Bananas, Rice, Applesauce, Yogurt) foods.
- Diarrhea that is accompanied by other symptoms such as (fever, chills, stomach pain, dizziness, weakness, or dehydration).
- Diarrhea that is accompanied by blood or mucus.

Myelosuppression

Myelosuppression (myoo-koh-SY-tis) is a common side effect of chemotherapy. It is characterized by a decrease in the number of white blood cells, red blood cells, and platelets. This can lead to infections, anemia, and bleeding. Myelosuppression is usually temporary and resolves within 3 to 10 days after the end of chemotherapy.

Neutropenia

- Neutropenia is a common side effect of chemotherapy. It is characterized by a decrease in the number of neutrophils, a type of white blood cell. Neutropenia increases the risk of infection. Neutropenia is usually temporary and resolves within 1 to 2 weeks after the end of chemotherapy.

○ Brush your teeth for 2 to 3 minutes, 2 to 3 times a day. | 15
Brush 30 seconds before and after meals. |
Brush your tongue, too. |

○ Use mouthwash. Mouthwash can help kill germs that cause bad breath. |
Use mouthwash 2 to 3 times a day. | Use mouthwash after meals. |
Use mouthwash after brushing your teeth. | Mouthwash can help keep your
teeth and gums healthy. (Biotène® PBF Oral Rinse
BetaCell™ Oral Rinse)

- Use a soft-bristled toothbrush. |
- Use fluoride toothpaste. |
- Use mouthwash. |
- Use a tongue scraper. |
- Use a water flosser. |
- Use a dental flosser. |
- Use a dental wax. |

Brushing and Flossing:

- Brush - Brush your teeth for 2 to 3 minutes, 2 to 3 times a day. |
- Floss - Floss your teeth once a day. |
- Mouthwash - Use mouthwash 2 to 3 times a day. | Use mouthwash after meals. | Use mouthwash after brushing your teeth. | Mouthwash can help keep your teeth and gums healthy. (Biotène® PBF Oral Rinse BetaCell™ Oral Rinse)

Mouth Care During Your

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Managing Your Chemotherapy Side Effects - Last updated on March 23, 2023
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[REDACTED] 23, 2023

Learn about our [Health Information Policy](#).

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