

Key points

- **Diagnosis of bacterial meningitis is based on clinical findings and CSF analysis:**
 - **CSF analysis (Gram stain, culture, PCR) is essential for diagnosis.**
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 - **100.4 °F (38 °C) is a common finding.**
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- **Drink plenty of fluids.** | **Drink 8 to 10 (8-ounce) glasses of fluid each day.** | **Choose clear fluids, such as water, broth, and clear juice.**

- **Avoid alcohol.** |
- **Limit caffeine.** |
- **Choose oral rehydration solutions, such as Pedialyte®, Gatorade®, or Powerade®.** |

Visit www.mskcc.org/cancer-care/patient-education/managing-related-fatigue for more information.

For more information, visit www.mskcc.org.

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

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■■■■■ ■■■■■■■■■■ ■■■ ■■■■ *Managing Nausea and Vomiting*
(www.mskcc.org/cancer-care/patient-education/nausea-and-vomiting) ■■■■■ |
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 Please visit www.mskcc.org/hi/cancer-care/patient-education/video/how-manage-constipation-during-chemotherapy to watch this video.

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How to Manage Constipation?

- Drink plenty of fluids, especially water. Avoid alcohol, caffeine, and sugary drinks. Eat a diet high in fiber, such as fruits, vegetables, and whole grains.
 - Exercise regularly, such as walking or jogging.
 - Use laxatives as directed by your healthcare provider.
 - If you are taking pain medications, ask your healthcare provider if you can take a stool softener or laxative. Some medications can cause constipation.
- Colace® (docusate sodium), MiraLAX® (polyethylene glycol), Senokot® (sennoside), and other laxatives can help relieve constipation.
 - If you are taking pain medications, ask your healthcare provider if you can take a stool softener or laxative. Some medications can cause constipation.

How to Manage Nausea and Vomiting?

There are several ways to manage nausea and vomiting. Some of the most common treatments include:

- 2-3 small meals a day instead of 3 large meals.
- 2-3 small sips of water every 15-20 minutes.
- 2-3 small sips of ginger tea or lemon water.

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

or call 1-800-458-2222.

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

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- 2 BRATT ... *BRATT Diet Phase 1* (www.mskcc.org/cancer-care/patient-education/bratt-diet-phase-1) *BRATT Diet Phase 2* (www.mskcc.org/cancer-care/patient-education/bratt-diet-phase-2) |
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- **Acupuncture is a safe and effective treatment for many types of cancer-related symptoms, such as pain, nausea, and fatigue.**
- **Acupuncture can help improve your quality of life and reduce the need for pain medications.**
- **Acupuncture is a natural, non-drug approach to cancer care that can be used alongside conventional treatments.**
- **Acupuncture can help reduce the side effects of chemotherapy and radiation therapy, such as hair loss, weight gain, and changes in taste.**
- **Acupuncture can help improve your sleep and reduce stress and anxiety.**
- **Acupuncture can help improve your immune system and overall health.**

About Acupuncture (www.mskcc.org/cancer-care/patient-education/acupuncture) **■■■■■** |

What are the benefits of acupuncture for cancer patients?

Acupuncture can help with a variety of symptoms, including pain, nausea, and fatigue. It can also help improve your quality of life and reduce the need for pain medications.

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