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Please visit www.mskcc.org/hi/cancer-care/patient-education/video/managing-related-fatigue-01 to watch this video.

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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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Some patients (such as Senokot® or MiraLAX®), may experience
side effects such as bloating, gas, or cramping. If you experience
any of these side effects, you should stop taking the medicine
and call your doctor. Do not take more than the recommended
dose. Do not take if you are allergic to any of the ingredients.

Some patients may experience side effects such as bloating, gas, or cramping.
If you experience any of these side effects, you should stop taking the medicine
and call your doctor.

- 2 to 3 days after starting treatment, you may experience bloating, gas, or cramping.
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Some patients may experience side effects such as bloating, gas, or cramping.

Some patients may experience side effects such as bloating, gas, or cramping. *How to Manage Constipation* (www.mskcc.org/cancer-care/patient-education/constipation) may help you understand more about constipation and how to manage it.

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██████████ *Managing Diarrhea*

www.mskcc.org/cancer-care/patient-education/diarrhea

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- **Brush your teeth (2-3 times a day), use mouthwash and avoid tobacco products.**
- **Use a soft toothbrush and avoid toothpaste with whitening or fluoride.**
- **Use a saline solution to rinse your mouth after eating or drinking.**
- **Use a humidifier to keep your mouth moist.**
- **Use a lip balm to keep your lips moist.**
- **Use a mouth swab to keep your mouth moist.**

Additional information on mouth care during cancer treatment:

- **Use a soft toothbrush and avoid toothpaste with whitening or fluoride.**
- **Use a saline solution to rinse your mouth after eating or drinking.**
- **Use a humidifier to keep your mouth moist.**

Additional information on mouth care during cancer treatment:

Mouth Care During Your Cancer Treatment
www.mskcc.org/cancer-care/patient-education/mouth-care-during-your-treatment

• **What are the symptoms of a low platelet count?**

- **Excessive bruising or bleeding (such as nosebleeds, bleeding gums, or blood in your stool or urine)**
- **Unexplained fatigue or weakness (which may be due to anemia, a condition that occurs when you have a low red blood cell count)**

What are the causes of a low platelet count?

- **Medications (such as aspirin, ibuprofen, and certain antibiotics), alcohol, and certain medical conditions (such as liver disease, kidney disease, and certain types of cancer)**
- **Chemotherapy and radiation therapy**
- **Acute leukemia, chronic leukemia, and multiple myeloma**
- **Thrombocytopenic purpura (TTP), a rare blood disorder**
- **Thrombotic thrombocytopenic syndrome (TTP), a rare blood disorder**

What are the treatments for a low platelet count?

Plasma exchange, platelet transfusion, and medications *About Your Low Platelet Count*
(www.mskcc.org/cancer-care/patient-education/low-platelet-count) |

What are the risks of a low platelet count?

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Acupuncture is a traditional Chinese medicine that has been used for thousands of years. It involves the insertion of thin needles into specific points on the body. Acupuncture is thought to stimulate the nervous system, which can help to relieve pain and reduce inflammation. It is often used as a complementary therapy alongside conventional medicine.

Acupuncture for Cancer Patients

- Acupuncture can help to reduce the side effects of chemotherapy, such as nausea, vomiting, and fatigue. (National Cancer Institute, 2018)
 - Acupuncture can help to improve the quality of life of cancer patients by reducing pain and anxiety. (Journal of Clinical Oncology, 2017)
 - Acupuncture can help to improve the immune system of cancer patients, which can help to fight the disease. (Journal of Cancer Research and Clinical Oncology, 2016)
 - Acupuncture can help to improve the sleep of cancer patients, which can help to reduce fatigue. (Journal of Cancer Research and Clinical Oncology, 2015)
 - Acupuncture, when used in combination with conventional medicine, can help to improve the survival of cancer patients. (Journal of Cancer Research and Clinical Oncology, 2014)
 - Acupuncture can help to improve the mood of cancer patients, which can help to reduce depression. (Journal of Cancer Research and Clinical Oncology, 2013)
 - Acupuncture can help to improve the appetite of cancer patients, which can help to reduce weight loss. (Journal of Cancer Research and Clinical Oncology, 2012)
 - Acupuncture can help to improve the overall health of cancer patients, which can help to reduce the risk of complications. (Journal of Cancer Research and Clinical Oncology, 2011)
- Journal of Cancer Research and Clinical Oncology, About Acupuncture*

(www.mskcc.org/cancer-care/patient-education/acupuncture)

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Managing Your Chemotherapy Side Effects - Last updated on March 23, 2023
[Redacted text] (MSK)
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[Redacted text] 23, 2023

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

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