

CHEMOTHERAPY SIDE EFFECTS REFERENCE

Common symptoms and self-care management strategies.

Side Effect	Common Symptoms	Management Strategies
Fatigue	Feeling weak, exhausted, or "heavy" regardless of sleep.	<i>Prioritize rest, light walking, and delegating daily tasks.</i>
Nausea & Vomiting	Queasiness, loss of appetite, or physical sickness.	<i>Eat small, frequent meals. Sip ginger tea or clear broths.</i>
Mouth Sores	Painful spots in mouth/throat (Mucositis).	<i>Use a soft toothbrush. Rinse with salt/soda water. Avoid spicy foods.</i>
Blood Count Changes	Easy bruising, pale skin, or increased risk of infection.	<i>Avoid crowds, wash hands frequently, and use an electric razor.</i>
Hair Changes	Thinning or complete loss of body and scalp hair.	<i>Use gentle shampoos. Consider head coverings for sun/cold protection.</i>

Side Effect	Common Symptoms	Management Strategies
Appetite Loss	Changes in taste (metallic) or lack of hunger.	<i>High-protein snacks. Stay hydrated between meals rather than during.</i>

WHEN TO CALL YOUR DOCTOR IMMEDIATELY:

- Fever of 100.4F (38C) or higher
- Uncontrolled shivering or chills
- Shortness of breath or chest pain
- Uncontrollable bleeding or severe vomiting