



IMPORTANT REMINDER

AFTER CHEMOTHERAPY TREATMENT

If your temperature is $>37.9^{\circ}\text{C}$, and experience chills/rigor, breathing difficulty, cough with expectoration, bleeding or any unusual symptom please inform the treating physician or contact the Emergency number 17812222/17812080.

1. Use a soft toothbrush to clean your teeth twice a day.
2. Try Homemade mouthwash (1 tsp. of bicarbonate of soda or salt in a glass of warm water) or use chlorhexidine mouthwash at least 4 times a day. This will help in keeping your mouth clean, while the salt mouthwash helps heal mouth sores.
3. If your temperature is $>37.9^{\circ}\text{C}$, and experience chills/rigor, severe loose motion, abdominal pain, uncontrolled diarrhea, breathlessness, cough with expectoration, unusual bleeding or any other unusual symptoms please inform the treating doctor or contact the Emergency department (take 1 tablet levofloxacin 500 mg PO and 1 capsule of Augmentin 625mg PO as prophylaxis).



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4. Keep a thermometer at home to take your temperature.
5. Avoid crowded areas and functions, where you are more prone to get the infections.
6. Wash your hands with soap and water before preparing food, before eating and after using the toilet.
7. Try to eat freshly prepared foods. Do not eat food or drinks past their expiry or best before dates or > 24hrs being opened.
8. Avoid fruits with a very thin skin (grapes, gua etc.) However , fruits with thick skin that can be peeled off, are encourage.(orange, pomegranate , watermelon , Pineapple etc.) Patients who are diabetic need to be more cautious .
9. Avoid consuming raw vegetables, Boiled vegetables are preferred.
10. Use masks in public areas.



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