

Your chemotherapy regimen is called: \_\_\_\_\_

You received these chemotherapy drugs today: \_\_\_\_\_

*Take anti-nausea medicines as scheduled or as needed. Your nurse has marked the medicines you are taking.*

✓	Medicine Name	Possible Side Effects	Schedule/Other Instructions
	Zofran (ondansetron)	Constipation, headache, fatigue, dizziness	
	Aloxi (palonosetron)	Constipation, headache, fatigue	You received this in the infusion room today. It lasts about 3-5 days.
	Decadron (dexamethasone)	Sleeplessness, heartburn when taken by mouth, increased appetite, hiccups	This helps other anti-nausea medicines work.
	Emend (aprepitant)	Diarrhea, fatigue, hiccups, constipation, headaches	
	Ativan (lorazepam)	Drowsiness, dizziness, fatigue	Swallow the pill or put it under your tongue. You can cut the pill in half for a smaller dose.
	Compazine (prochlorperazine)	Drowsiness, constipation, dry mouth, jitters	

## Other Important Information

- Wash your hands often, especially before eating. Everyone around you should also wash their hands often.
- Drink enough fluids to keep your urine light yellow in color.
- Ask your care team if you want more information about ways to help with side effects of chemotherapy.
- Visit the Linda B. and Robert B. Wiggins Wellness and Integrative Health Center to learn about services that can help with nausea such as acupuncture. Stop by the first floor of the HCI Cancer Hospital or call 801-587-4585.

## When to Call for Help

- You are still sick to your stomach or throwing up after taking your medicine.
- You can't keep fluids down.
- Call RIGHT AWAY if your temperature is higher than 100.3° F.
- Call anytime you feel sick, even if your temperature is normal.

## Monday-Friday, 8 a.m.–5 p.m.

Call 801-585-0100. Ask for your doctor's nurse.

## After hours, weekends, and holidays

Call 801-587-7000. Ask for the cancer doctor on call.