Managing your concerns and side effects

available online with active links at
4Rplan.com/onc-se/

If you have chest pain, shortness of breath or difficulty breathing, call 9-1-1 or go to emergency room. Inform nursing staff in ER that you are a cancer patient receiving drug therapy.

If you have any of these symptoms, IMMEDIATELY contact your cancer care team:

- Fever of 100.4°F (38.0°C) or higher
- Dark urine
- Profound weakness or numbness
- Confusion or change in mental status
- New or worsening uncontrolled pain
- Yellowing of skin or whites of eyes
- Severe swelling in legs, feet or hands
- Blood pressure is over 150/100

Review each item below a few times a week. Click on link to get more information.

Link	You may manage at home	Immediately call care team
Constipation	Occasional use of laxatives	With laxatives, no poop for 5 days
Diarrhea	2-3 diarrhea a day	4+ more poops than normal
Nausea and Vomiting	Decreased hunger	No eating or drinking, can't keep food down for more than one day
Swollen arms / legs (Edema)	Daily swelling comes and goes	Leg is red or one leg is bigger than other
Skin dry, itchy skin rash, fingernail issues	Limited to a small area	Spread to a large area
Muscle pain (myalgia)	Not impacting daily activities	Not able to do daily activities
Mood changes, memory, difficulty finding words	Occasional issues	You think of hurting yourself or others
Fatigue (low energy)	Fatigue helped by rest or walks	No energy to get out of bed

Helpful reminders:

- Set up routines and reminders for your medicine
- Do not change your dose (amount) or stop taking your medicine without first discussing it with your care team
- Write down all side effects and symptoms you have and share them with your care team
- Speak with your care team before taking over-the-counter drugs, herbs, supplements, vitamins, or non-cancer meds
- Carry a list of your medications with you and share with medical providers

Never hesitate to call your medical provider with questions or concerns.

Common Concerns During Cancer Treatment

If any concerns become severe, contact your care team

Sleep
Use of tobacco/cigarettes/vaping
Use of medications, drugs not prescribed to you
Appearance
Mouth Sores or dry mouth
Sexual intimacy or function: Men Women
Family building: Men Women
Urine or bladder concerns
Nerve problems (neuropathy)
Difficulty concentrating or remembering things
Use of herbs or supplements
Weight loss
Lack of appetite
Weight gain
Issues with taste
Concerns about nutrition

Emotional or Practical Concerns

If any emotional or practical concerns become severe, contact your care team

Little interest or pleasure in doing things
Feeling nervous, stressed, anxious or on edge
Paying for housing, transportation, medication
Health insurance
Being able to live independently or alone
Religious or spiritual struggles

Other information: U.S Veteran under 40 years old breast cancer colorectal cancer prostate cancer lung cancer
NCCN Patient Guidelines

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