Your health care team at City of Hope is here to help you if you have any questions or need to report any problems. Please contact your City of Hope location listed.

After 5 p.m., Monday through Friday, or weekends and holidays, calls will be answered by City of Hope’s answering service, which will page the doctor on call.

City of Hope
1500 East Duarte Road
Duarte, CA 91010
Phone: (800) 826-HOPE (4673)
24 Hour Care — Nursing Triage Call Center: (626) 218-7133

City of Hope | Antelope Valley
44151 15th St. West
Lancaster, CA 93534
Phone: (877) 828-3627

City of Hope | Arcadia
301 W. Huntington Drive, Suite 400
Arcadia, CA 91007
Phone: (626) 218-9840

City of Hope | Corona
1280 Corona Pointe Court, Suite 112
Corona, CA 92879
Phone: (951) 898-2828

City of Hope | Glendora
412 W. Carroll Ave., Suite 200
Glendora, CA 91741
Phone: (626) 218-0921

City of Hope | Mission Hills
15031 Rinaldi St.
Mission Hills, CA 91345
Phone: (818) 660-4700

City of Hope | Palm Springs
1180 N. Indian Canyon Drive, E-218
Palm Springs, CA 92262
Phone: (760) 416-4832

City of Hope | Pasadena
630 S. Raymond Ave., Suite 220
Pasadena, CA 91105
Phone: (626) 218-9500

City of Hope | Santa Clarita
23823 Valencia Blvd., Suite 250
Santa Clarita, CA 91355
Phone: (661) 799-1999

City of Hope | Simi Valley
1157 Swallow Lane
Simi Valley, CA 93065
Phone: (805) 527-2770

City of Hope | South Bay
5215 Torrance Blvd.
Torrance, CA 90503
Phone: (310) 750-1715

City of Hope | South Pasadena
209 Fair Oaks Ave.
South Pasadena, CA 91030
Phone: (877) 998-7546

City of Hope | Thousand Oaks
425 Haaland Drive, Suite 101
Thousand Oaks, CA 91361
Phone: (805) 496-2949

City of Hope | Upland
1100 San Bernardino Road, Suite 1100
Upland, CA 91786
Phone: (909) 949-2242

City of Hope | West Covina
1250 S. Sunset Ave., Suite 303
West Covina, CA 91790
Phone: (626) 856-5858

My doctor’s name is ________________________________

CITY OF HOPE POSTCHEMOTHERAPY/INFUSION

The doctors and nurses at City of Hope made this guide to help you after you get chemo. There are many types of medications and treatment plans, so this may not always apply to you. Please follow the advice of your health care team and talk with your doctor or nurse if you have any questions.
THESE INSTRUCTIONS WILL HELP YOU:

1. Understand the side effects of your chemotherapy or infusional therapy
2. Identify problems that should be reported to your doctor or nurse

The booklet called Chemotherapy and You: A Guide to Self-help During Treatment, included in your teaching packet, has other useful tips on dealing with chemotherapy side effects.

These are the chemotherapy drugs and/or infusions you were given during your treatment today:
__________________________________________________________
__________________________________________________________
__________________________________________________________
__________________________________________________________
__________________________________________________________
__________________________________________________________

These are the medications to take at home to help you if you feel side effects:
__________________________________________________________
__________________________________________________________
__________________________________________________________
__________________________________________________________
__________________________________________________________
__________________________________________________________

As a result of the medications you were given, you may feel sleepy, dizzy or light-headed for 24 hours. Do not operate a car or any machinery during this time. We suggest someone stay with you for the first 24 hours to help you as needed.

Plan meals with plenty of protein, fruits and vegetables, unless your doctor has given you special diet instructions. Get extra rest during this time. Take naps or rest breaks during the day if needed. Try to stay away from persons who are sick with a cold or the flu.

Let your doctor or nurse know about any medications and new medications you are taking, other than the ones prescribed for you. This includes vitamins and herbal supplements.

Side effects that you might have within the next seven days:

- [ ] Increased risk of infection
- [ ] Increased risk of bleeding
- [ ] Nausea and vomiting
- [ ] Diarrhea
- [ ] Constipation
- [ ] Mouth sores
- [ ] Numbness or tingling in hands/feet

- [ ] Loss of appetite
- [ ] Fatigue
- [ ] Skin and nail changes
- [ ] Hives and/or blotchy red skin
- [ ] Generalized itching
- [ ] Thinning of hair/hair loss

Some people feel some side effects and some do not. Each person is different. Follow the instructions from your doctor and nurse about medications or special precautions to take. These instructions will help reduce or stop the side effect.

Call your doctor or nurse if you have any of these problems:

- Pain
- Shortness of breath (hard to breathe)
- Hives, itching or red, flushed skin
- Signs of infection: cough, sore throat, areas of redness and/or pus-like drainage
- Temperature of more than 100.5° F
- Bleeding gums, nosebleeds, easy bruising of the skin or blood in the urine
- Nausea and vomiting that is not relieved by your medications
- Severe diarrhea for more than 24 hours
- A burning feeling when you urinate, or cloudy, foul-smelling urine
- Other ____________________________

NOTE: If you feel any of these symptoms 48 hours BEFORE your next clinic appointment, please let your nurse know when you check in.