

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.

# POSTCHEMOTHERAPY/ INFUSION



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## 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.

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

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

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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:

- |   |  |
|---|--|
| <input type="checkbox"/> Increased risk of infection        | <input type="checkbox"/> Loss of appetite              |
| <input type="checkbox"/> Increased risk of bleeding         | <input type="checkbox"/> Fatigue                       |
| <input type="checkbox"/> Nausea and vomiting                | <input type="checkbox"/> Skin and nail changes         |
| <input type="checkbox"/> Diarrhea                           | <input type="checkbox"/> Hives and/or blotchy red skin |
| <input type="checkbox"/> Constipation                       | <input type="checkbox"/> Generalized itching           |
| <input type="checkbox"/> Mouth sores                        | <input type="checkbox"/> Thinning of hair/hair loss    |
| <input type="checkbox"/> Numbness or tingling in hands/feet | <input type="checkbox"/> Other _____                   |

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.**