

SIDE EFFECTS



Side effects go hand-in-hand with treatment. Make sure you know what side effects that you should expect, when they will occur and how long they will last. Also identify how they are tied to your treatment. In other words, are the side effects dose dependent? You should also be mentally prepared for side effects to affect your appearance or your day-to-day functioning at outings (i.e. do you have to be near a bathroom). Finally, have a plan to follow if side effects impact your ability to receive and/or continue treatment.

Tips/tactics I've implemented:

I did not experience diarrhea, vomiting, baldness, rash, or radiation burns

- Zofran by prescription (nausea)
- Protonix by prescription (reflux)
- Pineapple (fatigue/nausea)
- Coconut oil (surgery scars)
- Non-alcohol based mouthwash (dry mouth/mouth sores)
- Sparkling water (nausea/dehydration)
- Ginger (nausea)
- Peppermint oil / Bubblemint gum (nausea)
- Flaxseed oil (constipation)
- Aloe Vera juice (constipation)
- Antibacterial soap (infection control)
- Lavender oil (sleeplessness)
- Coffee (constipation)
- Foot massager (neuropathy)
- Exercise/movement (fatigue)
- Hand/foot cream (dryness, skin irritation)
- Mints/lemon candies/using plastic silverware (changes in taste)
- Sunscreen (sun sensitivity)
- Protein shakes (weight loss)