



Patient Name:
DOB:
Oncology Provider:
Date:

East Hawaii Health Cancer Center (EHHCC) Chemotherapy Discharge Instructions

1. The following prescription(s) have been called to _____ pharmacy and should be ready for pickup.
 - Prochlorperazine** (*Compazine*) 10 mg tab, take one tab every 6 hours as needed for mild to moderate nausea.
 - Ondansetron** (*Zofran*) 8mg ODT, place one tab under the tongue every 8 hours as needed for moderate to severe nausea.
 - Decadron** (*Dexamethasone*) _____
 - Prednisone** (*Deltasone*) _____
2. **Special Instructions:**

3. **For tonight only**, please take one Compazine tablet 45 minutes before dinner, then as needed for nausea.
4. EHHCC highly recommends drinking at least 1-2 liters of fluid (water, juice, Gatorade, decaf tea/coffee) a day, starting for the next 48 hours (2 days) **after** receiving chemotherapy. Increasing your fluid intake may help to reduce side effects that can occur from chemotherapy.
5. Chemotherapy drugs are eliminated from the human body in both stool and urine. Be sure to always wash your hands after using the restroom. If sharing a restroom, kindly flush toilet twice after each use; starting on day of chemotherapy and for 48 hours (2 days) **after** receiving any chemotherapy. (Some treatment regimens require multiple days of chemotherapy). Additionally, chemotherapy is eliminated from the body via sweat and emesis (vomit). If you experience sweating or have emesis on your clothing, wash clothes separately while receiving chemotherapy and for 48 hours (2 days) **after** receiving chemotherapy.
6. It is important to keep your mouth clean and free of infection! You can accomplish this by brushing your teeth and gums with a soft-bristle tooth brush in the morning, after meals and at night. Please refrain from using an alcohol-based mouthwash. Additionally, we recommend using a salt/baking soda gargle mixture.
 - a. To create this mixture, use 1 teaspoon of baking soda and 1 teaspoon salt in 4 cups of tap water. Make a new batch daily.
7. After treatment, you will experience reduced white blood cell counts that will recover shortly thereafter. During this time, please avoid crowds or any people that might have an infection, such as the cold, flu or COVID.
 - b. If you live on a water catchment system, please drink bottled water **ONLY**.
 - c. Thoroughly **WASH** fruits and vegetables several times before eating.
 - d. Eat cooked meat. Please avoid raw meat such as sushi, poke, rare steak, etc.



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8. Living in Hawaii we understand it is hard to avoid sun exposure. Please do your best to avoid sun exposure by wearing a hat and long sleeves/long pants. Attempt to cover your head, face, eyes and extremities. Apply a high SPF sun screen to cover all exposed areas of the body that are not covered.
9. If you are sexually active, please avoid sexual contact while receiving chemotherapy and for 48 hours **after** receiving chemotherapy. Do not father a child, or become pregnant while on treatment.
10. Your return appointments and lab requisitions will be provided with each visit.

Please be sure to have, or purchase the following at a local drug store:

1. **Acetaminophen** (*Tylenol*) – will help to reduce pain or fever.
2. **Loperamide** (*Imodium*) – will help with diarrhea.
3. Thermometer to check temperature:

This is important as a low-grade fever may be the first sign of an infection.

Please notify East Hawaii Health Cancer Center immediately if you experience the following:

1. Fever of 100.4 F or higher.
2. Unable to keep any food, or fluids down despite using anti-nausea medication.
3. Have diarrhea for more than two days, despite the use of Imodium.
4. Unexplained bleeding including blood in urine or stool, gums, or bruising.
5. Shortness of breath, wheezing, trouble breathing, or a bad cough.
6. Dizziness or lightheadedness.
7. Develop hives, rash or a cut. If the cut swells, turns red, feels hot or painful, or begins to ooze please contact our clinic.
8. Redness, pain, or swelling in any area, including around your surgical wounds and port.
9. Burning or pain when urinating.

Infusion Nurse Signature/ Date

Patient Signature/Date

East Hawaii Health Cancer Center address and hours of operation:

Address: 1285 Waianuenue Ave. Hilo HI, 96720; Monday – Friday, 7:30 AM – 4:00 PM HST.

East Hawaii Health Cancer Center: 808-932-3590

Infusion Room Clinic Receptionist: 808-932-3708

*EHHCC is closed on the weekends and all Hawaii State and Federal holidays.

If you are experiencing an after-hours emergency call 911 or go to the Emergency Department located at 1190 Waianuenue Avenue, Hilo Hawaii 96720