

General Information

If you experience a life-threatening emergency such as chest pain or sudden shortness of breath, call 911 or go to Emergency Room.

There is a doctor on call 24/7. Call the main number (858-637-7888), the answering service will answer. Ask for the doctor on call. The doctor will call you back.

Call the office if you experience a side effect you do not know how to manage or if what you have been given to manage it does not work within one day.

Bring a driver with you to the first infusion appointment.

Drink at least 2 liters (64 oz) clear fluids a day unless restricted by a doctor. Caffeinated or alcoholic beverages do not count toward the hydration goal.

If you have trouble meeting your nutrition or hydration needs, there is a dietician available through the cancer center to assist you.

Fasting is NOT required or recommended.

Make sure you have a working thermometer, oral is preferred.

Fatigue is a common problem with treatment and related to the underlying disease. If you experience fatigue, you may need to think carefully about your activities.

- Plan ahead and organize your work.
- Schedule rest periods.
- Pace yourself and prioritize what activities need to be done and what can be delegated.
- Regular moderate exercise such as walking can prevent or improve fatigue.
- A good exercise plan starts slowly and allows your body time to adjust.
- Even more dangerous than doing no exercise is exercising too strenuously or only occasionally. The right kind of exercise never makes you feel sore, stiff or exhausted.