



Your clinic phone number: _____

Please call if you:

- Have a temperature over 100.5 or have shaking chills
- Have tried several doses of anti-nausea medicine but still cannot keep any food down
- Have no bowel movement for more than 48 hrs
OR
- Have MORE than 3 diarrhea stools per day
- Become short of breath

Daily Goals: Try to -

- Drink 4 glasses of fluids **before noon** each day
- Drink another 4 glasses throughout the afternoon hours
- Walk or do light activity throughout the day
- Rest when you need to
- Eat small frequent meals/snacks

For upset stomach:

- Use the anti-nausea medicines you have been given (*Refer to your prescription sheet*)
- Avoid food with strong odors; eat low odor foods with short cooking times. Some examples include pancakes, oatmeal or cream of wheat, French toast or pasta.
- Small frequent snacks to prevent an empty stomach may help reduce nausea. Try:
 - ✓ Toast or English muffin (butter, jelly, or plain)
 - ✓ Crackers, vanilla wafers
 - ✓ Shakes or smoothies, pudding
 - ✓ Soup (chicken noodle is good)
 - ✓ Bananas, applesauce, or canned fruit
 - ✓ Eggs: hard-boiled, poached, or boiled
 - ✓ Plain pasta or baked/mashed potatoes
 - ✓ Canada Dry® Ginger ale (has real ginger). May try nibbling crystallized ginger.
 - ✓ peppermint tea, Gatorade®, 7-up® or Sprite®
 - ✓ Fruit "nectar" - peach, pear, apricot
 - ✓ Popsicles, sherbet, frozen yogurt, or ice cream

For constipation:

- Keep your fluid intake high
- Stool medications (Colace or Senokot-S) once or twice a day
- Prune or plum juice