

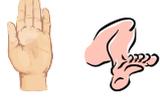
 瑪麗醫院 QUEEN MARY HOSPITAL	Department of Obstetrics and Gynaecology	Document No	OGGO-0510-03-09-E-(I)
		Issue Date	Jul 2016
	Subject Side effects and Nursing tips of the chemotherapy - Taxotere	Review Date	Jul 2019
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Taxotere

Common side effects	Caring tips
Bone marrow suppression Especially low platelet count	Low platelet count will delay blood clotting function & easily cause bruising <ul style="list-style-type: none"> • Use soft toothbrush & maintain oral hygiene, avoid using interdental brush • Avoid tight clothing and avoid strong sneezing, bowel enema, vaginal douching or tampon • Avoid using drugs that prolong bleeding (e.g. aspirin, anti-coagulant)
Mild nausea & Vomiting 	<ul style="list-style-type: none"> • Chemotherapy inhibits growth of cancer cells but may also affect gastric and brain cells causing nausea & vomiting. This side effect will subside when chemotherapy stops • Doctor will prescribe adequate anti-emetics before chemotherapy • Take anti-emetic half hour before meal can alleviate vomiting • Diet advice <ul style="list-style-type: none"> ○ Small & frequent meals can decrease gastric-full symptoms ○ Don't take large amount of fluid during or after meal to avoid gastric-full symptoms. Better to take fluid between meals ○ Avoid oily, too hot or too cold foods ○ Eat & chew slowly ○ Take a rest after meal but avoid lying down immediately after meal. Better to stand up or walk ○ Avoid non-delicious food • Other methods such as relaxation exercise, hypnosis & acupuncture have certain effect on precipitating vomiting • In severe vomiting, intravenous fluid and electrolyte will be infused to maintain body fluid balance
Hair loss in large amount 	<ul style="list-style-type: none"> • Hair loss caused by chemotherapy will grow up again. Usually, hair will grow 2 to 3 months after chemotherapy completed • Tips for alleviate anxiety caused by hair loss <ul style="list-style-type: none"> ○ Buy hair-wig or cap before early stage of hair loss ○ Understand the reason and level of hair loss ○ Express the feelings towards hair loss ○ Know that hair will grow again and the color and quality may have some change (e.g. hair will become curl or grey) ○ Avoid using hair-dryer, hair-curler & perming hair which will cause hair loss ○ Use cap and sun-block to protect your head from sunshine ○ Keep hair scalp clean after hair completely lost ○ Cut hair before chemotherapy or use hair-wig, cap or scarf

Remarks: Different patient will have different side effects toward chemotherapy. The response should only be compared with that after previous chemotherapy for each individual. Please inform doctor for this condition on follow-up.

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** Hand & foot syndrome 	<p>(Rash, desquamation, blister may extend to hand, foot & face. Chest itchiness, tingling pain, numbness and darkening of nail may occur one week after chemotherapy)</p> <ul style="list-style-type: none"> • Apply appropriate lubricant cream • Avoid sunshine / hot bath • Take drug for itchiness prescribed by doctor if necessary
Hypersensitivity reactions 	<p>If skin rash and itchiness occurs, doctor will carry out examination & prescribe anti-allergic medications</p>
Limbs paresthesia and numbness 	<p>Doctor may consider prescribe vitamin B6 to alleviate the side effects if condition is severe</p>
Oedema	<p>Doctor will prescribe medication to control oedema</p>
Constipation and diarrhea 	<p>Constipation</p> <ul style="list-style-type: none"> • Take more vegetable, fruits and beverage • Take laxative drug prescribed by doctor <p>Diarrhea</p> <ul style="list-style-type: none"> • Drink large amount of water • Take more food rich in potassium (e.g. Banana, orange, potato, pears, almond juice, etc.) • Avoid alcohol or beverage with caffeine (e.g. tea, coffee and candies) • Take anti-diarrheals prescribed by doctor

Rare side effects	Caring tips
Immediate hypersensitivity reaction caused by chemotherapy agent 	<p>(During the initial phase of chemotherapy, you may have reaction such as palpitation, shortness of breath, rash, fever, dizziness, low blood pressure & shivering)</p> <ul style="list-style-type: none"> • If hypersensitivity reactions occur, chemotherapy will be stopped and treatment will be carried out immediately • Doctor will perform examination & first aid treatment • Anti-hypersensitive drug will be prescribed
Extravasation and local inflammation	<ul style="list-style-type: none"> • Chemotherapy must be stopped immediately • Doctor will prescribe anti-inflammatory medications & adequate nursing care will be applied. Inflammation will usually subside within 1 to 2 weeks. Please notify the nurse if any abnormality occurs during or after chemotherapy