

Guide to Managing Common Side Effects

*When in doubt, call HOA... We're here to help!

315 - 472 - 7504



Dehydration

Try this first:

Try to drink at least 6 glasses of non-caffeinated beverages per day (48 – 72 oz).

Other suggestions:

In addition to water, try: Gatorade, juice, 7-up, ginger-ale, milk, etc.

* *Dark urine indicates you need more fluids!*

MUST call your HOA Doctor if:

- ✓ **Fever** 100.5°F or higher
- ✓ Not staying hydrated
- ✓ Pain with urination
- ✓ Lightheaded or dizzy

Constipation

STAY HYDRATED!

Try: prune juice, apple juice, stool softener (*Colace* or *Senokot*), *Milk of Magnesia*, Light exercise.

Stay Hydrated & CALL HOA!

We may direct you to use *Miralax* or *Magnesium Citrate* (OTC) or we may prescribe *Lactulose*.

- ✓ **Fever** 100.5°F or higher
- ✓ Not staying hydrated
- ✓ Constipated for more than 3 days
- ✓ Abdominal pain
- ✓ Vomiting

Diarrhea

STAY HYDRATED!

Drink plenty of water & Gatorade! Try the BRAT diet (**B**ananas, **R**ice, **A**pplesauce, **T**oast). Try V8 juice, *Immodium*.

Stay Hydrated & CALL HOA!

We may prescribe medication such as *Lomotil* or *Questran*.

- ✓ **Fever** 100.5°F or higher
- ✓ Repeated episodes- more than 4 to 8 x per day
- ✓ Not staying hydrated
- ✓ Abdominal pain / severe cramping
- ✓ Vomiting

Nausea & Vomiting

STAY HYDRATED!

Get plenty of rest. Take medications, as prescribed. Clear/bland diet (jello, ginger-ale, soup broth, crackers).

Stay Hydrated & CALL HOA!

Try *Compazine* & *Ativan* (prescriptions). If unrelieved, we may give you hydration & additional medication.

- ✓ **Fever** 100.5°F or higher
- ✓ Not staying hydrated
- ✓ Vomiting more than 2 to 3 times
- ✓ Pain associated with vomiting