Post Chemotherapy: Discharge Guidelines

Coping with the changes brought about by cancer treatment is easier when you have information and support. Since each patient’s reaction to chemotherapy differs, please discuss any questions or concerns with your doctor. Please call the nurses’ station.

For the first 24 hours, please call the nurses’ station if you have any questions about how to care for yourself.

Nurses’ station telephone number: _______________________

If you notice any of the following, please contact your doctor:

- A temperature of 100.5°F or higher.
- Shaking or chills.
- Shortness of breath.
- Persistent bleeding, such as nosebleeds, easy bruising or black tarry stools.
- Mouth sores that prevent you from eating or cause pain when you swallow.
- Uncontrolled nausea and vomiting.
- Uncontrolled diarrhea.
- Extreme weakness.
- Confusion or extreme/increased sleepiness.
- Constipation for more than 48 hours.
- Swelling of feet or arms.
- Any new symptoms that were not present before your chemotherapy treatment.
Health Information Resources
For more information, visit Northwestern Memorial Hospital's Alberto Culver Health Learning Center. This state-of-the-art health library is located on the 3rd floor of the Galter Pavilion. Health information professionals are available to help you find the information you need and provide you with personalized support at no charge. You may contact the Health Learning Center by calling 312-926-LINK (5465) or by sending an e-mail to hlc@nmh.org.

Para asistencia en español, por favor llamar al Departamento de Representantes para Pacientes al 312-926-3112.

The entities that come together as Northwestern Medicine are committed to representing the communities we serve, fostering a culture of inclusion, delivering culturally competent care, providing access to treatment and programs in a nondiscriminatory manner and eliminating healthcare disparities. For questions, please call either Northwestern Memorial Hospital’s Patient Representatives Department at 312-926-3112, TDD/TTY 312-944-2358 and/or the Northwestern Medical Group Patient Representatives Department at 312-926-1920, TDD/TTY 312-695-3661.

Developed by: Gynecology/Oncology Nursing and Medical Oncology Nursing

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For additional information about Northwestern Memorial Hospital, please visit our website at www.nmh.org.
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