

**Useful websites:**

[www.sunderland.nhs.uk/chs](http://www.sunderland.nhs.uk/chs)

[www.nhs.uk](http://www.nhs.uk)

[www.cancerbackup.org](http://www.cancerbackup.org)

**ADVICE WHEN YOU ARE UNWELL ON  
CHEMOTHERAPY**

**PATIENT INFORMATION LEAFLET**

This information was correct at the time of printing. While the Trust makes every reasonable effort to keep its information leaflets up to date, very recent changes may not yet be reflected in the guidance and you should discuss this with the clinical staff at the time of your appointment.

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**Chemotherapy/Haematology Day Unit**

**Sunderland Royal Hospital**

While you are receiving chemotherapy you may feel unwell or experience side effects to your treatment. Chemotherapy can affect your blood cells and this may weaken your ability to fight infection. It is therefore very important that you watch out for signs of infection and seek advice immediately day or night.

Your Named Nurse will have offered suggestions about how to manage your side effects. However, if you experience any of the following or feel generally unwell, you will need to contact the hospital for advice immediately.

- a raised temperature
- shivering
- a sore throat
- diarrhoea
- a cough or shortness of breath
- discomfort or burning when you pass urine

You will be able to contact a member of staff on the Chemotherapy Day Unit during:

**8 30am – 7pm Mon to Fri**

**8 30am – 2 30pm on Saturday**

Outside of these times, it may be necessary to seek advice from Ward E55.

**Tel: 0191 5699755,**

It is normally easier to sort your problems through the Chemotherapy Day Unit with the nurses that are more familiar with your case, therefore if you notice problems especially during the day, please seek advice as soon as they occur.

In order to help the nurse assess you properly it would be very helpful if you could have the following information at hand:

- your chemotherapy regime
- how many courses you have had
- the date of your last treatment

- the problems you are experiencing at the moment
- how long you have the problems
- any treatment you have taken for your problems
- a list of other medications you are taking

When you speak to the nurse on either the Chemo Unit or ward E55 and following their assessment of your problems, the nurse may suggest:

- reassurance only
- medicines that you can get from a pharmacy to help with your problem
- to attend the Chemo Unit the next working day
- to see your GP
- to ring your District Nurse
- to come into hospital to be seen
- to see your Oncologist at clinic