




Pre-Medication Guide for Patients with a reaction to Oxaliplatin

Chemo Regimen: _____

Patient Name: _____

Cycle Number: _____




Instructions for patient: Please have your anti-nausea medications refilled BEFORE your next cycle.
Bring your anti-nausea medications on your treatment day.

	2 days before treatment		1 day before treatment		Treatment day		Day after treatment		
	AM	PM	AM	PM	*Before chemo	After chemo (PM)	AM	PM	
Note: Images are not to scale									
Ondansetron (Zofran®) 8 mg Yellow, oval Take with or without food 					Take 1 8 mg tablet	Take 1 8 mg tablet			
Dexamethasone (Decadron®) 4mg White, 5-sided Take with food 					Take 2 4 mg tablets				
Montelukast (Singulair®) 10mg Brown, round Take with or without food 	Take 1 10 mg tablet	Take 1 10 mg tablet	Take 1 10 mg tablet	Take 1 10 mg tablet	Take 1 10 mg tablet	Take 1 10 mg tablet	Take 1 10 mg tablet	Take 1 10 mg tablet	
Enteric coated ASA (OTC) 325mg Various brands available Take with food	Take 1 325 mg tablet		Take 1 325 mg tablet		Take 1 325 mg tablet		Take 1 325 mg tablet		

If you have questions about your medications call Triage (705) 728 – 9090 ext. 79565 (Mon-Fri 8 am—3:30 pm).
Bring this sheet and your medications to your next chemotherapy treatment appointment.

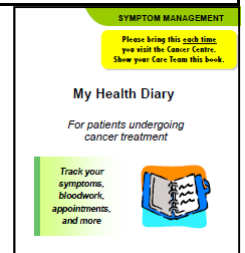
*Before chemo: 30-60 minutes before your chemo appointment.

Your Medications, Common Side Effects & How to Manage Them:

	<p>Ondansetron (Zofran®) works well to prevent nausea and vomiting within the first 24 hours after you have received your chemotherapy. Common side effects can include constipation, and/or headache.</p>
	<p>Dexamethasone (Decadron®) works well to help control your nausea but it may increase your blood sugar if you are diabetic, interfere with sleep, increase appetite, cause nervousness, or cause moodiness.</p> <p>If you are diabetic, check your blood sugars regularly and work with your family doctor to help keep blood sugars near normal. Speak with your oncology nurse or doctor to manage other side effects.</p>
	<p>Montelukast (Singulair®) used to prevent symptoms of sensitivity to chemotherapy medications. May cause abdominal pain, headache, thirst, diarrhea, itchy skin.</p>
	<p>Enteric coated ASA (OTC) used to prevent symptoms of sensitivity to chemotherapy medications. Do NOT take if history of stomach ulcers, bleeding disorders or allergy to ASA. Take with food.</p>

Other tips:

- Drink at least 2 litres of non-caffeinated fluids per day. Staying hydrated helps to prevent nausea.
- Use the *My Health Diary* to track your symptoms and bring the Diary each time you visit the hospital
- Do your symptom screening (ESAS) to rate your systems at each doctor visit
- Before you start anti-nausea medications, inform your Care Team of the medications you're taking



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