

## **After Your Immunotherapy**

### *Self-care and warning signs*

### **Follow-up Visits**

Bring your list of discharge medicines with you to your first follow-up visit at the clinic.

### **When to Call**

Call the clinic if you have questions or any of the symptoms listed below. Please also see the “Quick Symptoms Guide” that starts on page 2.

### **Symptoms**

- If you take your temperature by mouth:
  - Fever between 38 to 38.2°C (100.4 to 100.8°F) for 1 hour or more
  - Any fever 38.3°C (100.9°F) or higher
- If you take your temperature under your arm:
  - Fever between 37.5 to 37.7°C (99.5 to 99.9°F) for 1 hour or more
  - Any fever 37.8°C (100°F) or higher
- Chills or shaking, with or without a fever
- Signs of a cold, such as runny nose, watery eyes, sneezing, or coughing
- Changes in how your central line site looks, such as redness, swelling, pain, or drainage
- Changes in the color or consistency of your stool or urine
- New cough or shortness of breath
- Nausea, vomiting, or diarrhea
- Cannot take the medicine your provider prescribed for you
- New or different pain
- Any bleeding or bruising
- Headache or dizziness
- Change in your ability to think clearly



*Call the clinic if you have any questions or any of the symptoms listed on this page.*

## Staying Healthy

Besides washing your hands, here are some other things that will help you stay healthy:

- Follow the line care instructions you received. Be sure to cover your line when you bathe or shower.
- Take your temperature 2 times a day, in the morning and at night.
- Avoid crowds and being around people who have cold or flu symptoms.

## IV Therapy and Central Line Care

Your IV therapy and central line care are provided by:

- |   |  |
|---|--|
| <input type="checkbox"/> Seattle Cancer Care Alliance: 206.606.6000 | <input type="checkbox"/> Option Care (Walgreens): 206.246.0635 |
| <input type="checkbox"/> Providence: 425.687.4400                   | <input type="checkbox"/> Oral: _____                           |
| <input type="checkbox"/> Coram: 425.883.3525                        | <input type="checkbox"/> Other: _____                          |

## Quick Symptoms Guide

Here is a quick guide of warning signs to watch for, and what to do. Be sure to give a copy of this guide to your family members and caregivers.

Areas of Concern	<b>Emergency!</b> <b>Call 911 RIGHT AWAY</b> <b>If You Have These Symptoms</b> Tell medics to take patient to UW Medical Center	Call Clinic NOW If You Have These Symptoms	
		<b>206.606.6000</b> Weekdays, 8 a.m. to 10 p.m. Weekends, 8 a.m. to 6 p.m. Holidays, 8 a.m. to 5 p.m.	After hours: <b>206.598.8902</b>
<b>Alertness, Consciousness, Activity</b>	<ul style="list-style-type: none"> <li>• Unconscious</li> <li>• Cannot arouse</li> <li>• Seizure</li> <li>• Sudden change in vision</li> <li>• Numbness, tingling, or cannot move arms or legs as usual</li> <li>• One side of the face is drooping</li> <li>• Cannot speak</li> </ul>	<ul style="list-style-type: none"> <li>• New or increased confusion</li> <li>• Change in level of alertness</li> <li>• Mood changes, feeling irritable, tearful, or upset</li> <li>• Change in ability to walk</li> <li>• Trouble finding words</li> <li>• Trouble swallowing</li> <li>• Tremors or shakiness</li> <li>• Dizziness</li> <li>• Weak or <i>lethargic</i> (very tired, hard to move)</li> <li>• Trouble moving around</li> </ul>	

<b>Concerns</b>	<b>Call 911 Right Away</b>	<b>Call Clinic Now</b>
<b>Bleeding</b>	<ul style="list-style-type: none"> <li>• Bleeding will not stop</li> <li>• Unconscious</li> </ul>	<ul style="list-style-type: none"> <li>• New or increased bleeding</li> <li>• Bloody urine</li> <li>• New bruising</li> <li>• Little red or purple spots on the skin</li> <li>• Cannot stop nosebleed</li> <li>• Bloody diarrhea</li> <li>• Vomiting blood</li> <li>• Using 1 or more feminine pads an hour</li> </ul>
<b>Blood Sugar</b>	<ul style="list-style-type: none"> <li>• Blood sugar lower than 50 and cannot waken</li> </ul>	<ul style="list-style-type: none"> <li>• High or low blood sugar</li> <li>• Hard to wake up (use glucagon)</li> </ul>
<b>Breathing</b>	<ul style="list-style-type: none"> <li>• Not breathing</li> <li>• Choking or not moving air into chest</li> </ul>	<ul style="list-style-type: none"> <li>• Trouble breathing</li> <li>• Gets “winded” more easily with very little activity</li> <li>• Feeling as if can’t get enough air</li> <li>• Trouble breathing when lying flat</li> <li>• Wheezing with breaths</li> <li>• New or recurring cough</li> <li>• Persistent, continuous cough</li> <li>• Coughing blood or green-yellow material</li> </ul>
<b>Central Line (Hickman Line)</b>	<ul style="list-style-type: none"> <li>• Line open to air, patient short of breath <b>(Clamp line right away)</b></li> </ul>	<ul style="list-style-type: none"> <li>• Line broken or leaking</li> <li>• Swelling in your face, neck, or exit site</li> <li>• Cannot flush the line</li> <li>• Line fell out</li> <li>• Headache related to infusions</li> <li>• New redness, swelling, or tenderness at the exit site</li> <li>• Drainage from exit site</li> </ul>
<b>Diarrhea</b>		<ul style="list-style-type: none"> <li>• Constant or uncontrolled diarrhea</li> <li>• New onset diarrhea</li> <li>• Diarrhea with fever and abdominal cramping</li> <li>• Whole pills passed in stool</li> <li>• Diarrhea more than 5 times a day</li> <li>• Stool is bloody, deep red, or black</li> <li>• Abdominal cramping</li> </ul>
<b>Fall</b>	<ul style="list-style-type: none"> <li>• Hit head during fall and change in consciousness after fall</li> </ul>	<ul style="list-style-type: none"> <li>• Did not hit head during fall, no changes in consciousness</li> <li>• Report all falls to your provider</li> </ul>
<b>Fatigue</b>	<ul style="list-style-type: none"> <li>• Cannot wake up</li> </ul>	<ul style="list-style-type: none"> <li>• Dizziness</li> <li>• Fatigue is getting worse</li> <li>• Too tired to get out of bed or walk to the bathroom</li> <li>• Staying in bed all day</li> </ul>

Concerns	Call 911 Right Away	Call Clinic Now
<b>Fever, Chills</b>		<ul style="list-style-type: none"> <li>• Chills or shaking chills, even if temperature is normal</li> <li>• Fever (taken by mouth) between 38 to 38.2°C (100.4 to 100.8°F) for 1 hour or more, or a fever that is 38.3°C (100.9°F) or higher</li> <li>• If taking steroids: Fever higher than 1 degree above usual</li> <li>• Cold symptoms: runny nose, watery eyes, sneezing, coughing</li> </ul>
<b>Mouth Pain, Mucositis</b>	<ul style="list-style-type: none"> <li>• Not breathing</li> <li>• Severe problems breathing</li> </ul>	<ul style="list-style-type: none"> <li>• Trouble breathing</li> <li>• Bright red blood in your mouth</li> <li>• Pain not controlled by medicine</li> <li>• White patches or sores appear on your gums or mouth</li> <li>• Problems swallowing food or fluid</li> </ul>
<b>Nausea, Vomiting</b>	<ul style="list-style-type: none"> <li>• Vomiting that causes choking or problems breathing</li> </ul>	<ul style="list-style-type: none"> <li>• Nausea not controlled with anti-nausea medicines</li> <li>• <i>Projectile</i> (explosive) vomiting</li> <li>• Uncontrolled, constant nausea and vomiting</li> <li>• Blood or “coffee ground” material in your vomit</li> <li>• Can’t keep medicine down because of vomiting</li> <li>• Weakness or dizziness with nausea or vomiting</li> <li>• Severe stomach pain while vomiting</li> </ul>
<b>Pain</b>	<ul style="list-style-type: none"> <li>• Severe chest or arm pain</li> <li>• Severe squeezing or pressure in your chest</li> <li>• Severe sudden headache</li> </ul>	<ul style="list-style-type: none"> <li>• New or uncontrolled pain</li> <li>• New headache</li> <li>• Chest discomfort</li> <li>• Heart pounding or feels like it’s doing “flip-flops”</li> <li>• Heart feels like it is “racing”</li> <li>• Burning in your chest or stomach</li> <li>• Pain or burning while urinating</li> <li>• Painful central line site or in the area of the “tunnel”</li> <li>• Pain with infusion of medicines or fluids into the central line</li> </ul>
<b>Rash</b>		<ul style="list-style-type: none"> <li>• New rash</li> <li>• Rash with pain and or itching</li> </ul>
<b>Swelling</b>	<ul style="list-style-type: none"> <li>• Throat swollen, feeling like you cannot get a breath</li> </ul>	<ul style="list-style-type: none"> <li>• Sudden swelling, with or without pain</li> <li>• Swollen legs, arms, and hands</li> </ul>
<b>Urination</b>		<ul style="list-style-type: none"> <li>• Cannot urinate for more than 8 hours</li> <li>• Bloody urine</li> <li>• Pain or burning while urinating</li> </ul>

## Questions?

Your questions are important. Call your doctor or healthcare provider if you have questions or concerns.