



Nutrition During Chemotherapy



NUTRITION DURING CHEMOTHERAPY

Nutrition is important

It is important to get enough energy (calories), protein and fluids during treatment. This helps you because:

- Your weight stays the same or you have less weight loss – This is best during cancer treatment.
- Your healthy cells can recover from chemotherapy.
- Your body keeps working as normally as possible.
- You have fewer or less severe side effects.



NUTRITION DURING CHEMOTHERAPY

What should I eat and drink?

- Eat a variety of healthy foods. It is OK to eat “unhealthy” foods when you are not feeling well. Do not go on a diet or stop yourself from eating certain foods if they sound good.
- Drink 2 liters (2 to 3 quarts) of fluids every day. This can come from a variety of different drinks.
- Limit your caffeine intake. Keep caffeine drinks to 1-2 cups daily.



NUTRITION DURING CHEMOTHERAPY

What should I eat and drink?

- Make sure you prepare and store foods and drinks safely, to avoid getting sick from spoiled food.
- Talk with your health care team before taking any supplements, herbs, etc.



NUTRITION DURING CHEMOTHERAPY

What should I eat and drink?

It is important to eat what you enjoy because chemotherapy can affect your desire to eat. Eating gives you energy to fight cancer. Talk to your health care team if you have any of these side effects:

- Nausea and vomiting
- Dry mouth, or changes in the way things taste
- Less interest in food (poor appetite)
- Tiredness (fatigue)

Any of these side effects may indicate that you need to see a nutrition specialist, known as a dietitian.



NUTRITION DURING CHEMOTHERAPY

When to see a dietitian

Ask your health care team about seeing a dietitian.
They can help you make an appointment.

Our dietitians specialize in helping people during cancer and treatment. They can meet you in in clinic, during chemotherapy, and by consult in person or over the phone.

Oncology Dietitians **503-418-9731**



NUTRITION DURING CHEMOTHERAPY

Phone numbers to remember

- Oncology Dietitians **503-418-9731**
- Medical Hematology/Oncology Clinic at CHH2
Clinic Phone (M-F from 8am -5pm) **503-494-6594***
- Hematologic Malignancies Clinic at CHH2
Triage Nurse **503-418-0669***
 - If your caregiver becomes sick, please call the triage line for advice on how to stay safeClinic Scheduling **503-494-5058**

*These phone numbers will connect you to the on-call physician when the clinic is closed.



NUTRITION DURING CHEMOTHERAPY

Contacting your Community Hematology/Oncology (CHO) team

Regular clinic hours are 7 a.m.–5:30 p.m.

Beaverton Clinic

15700 S.W. Greystone Court, Beaverton, OR 97006

971-262-9000

East Portland (Adventist) Clinic

10000 SE Main St., Suite 350 Portland, OR 97216

971-262-9800

Gresham (Mt. Hood) Clinic

24988 SE Stark St., Suite 140 Gresham, OR 97030

971-262-9500

Northwest (Good Samaritan) Clinic

1130 NW 22nd Ave., Suite 150 Portland, OR 97210

971-262-9600

Tualatin (Meridian) Clinic

19260 SW 65th Ave. Suite 140 Tualatin, OR 97062

971-262-9700

A provider is available for emergencies after-hours (before 7 a.m. & after 5:30 p.m.) through your clinic phone number.

Thank you!

To open a pdf of this presentation, please see
the PDF icon on our website.



NUTRITION DURING CHEMOTHERAPY

Certificate of Completion

SIGNATURE

DATE