



Welcome!

Welcome to Troy Regional Cancer Center.

We are here to assist you during this difficult time. Your health, comfort, and concerns are our top priority.

For questions or concerns during office hours, please contact 334-670-5003.

During evenings and on weekends, the on-call physician can be reached at 334-670-5000.

Thank you for choosing Troy Regional.

When you or a family member receives a diagnosis of cancer, we understand how scary the unknowns can be.

At the Troy Regional Infusion Center, our dedicated team of doctors and nurses work together to ensure effective, quality treatment for all patients.

With a board-certified physician and certified chemotherapy nurses, we provide a safe, compassionate environment during what can be a very unsettling time.

Dr. Thomas W. Brown, M.D.



Instructions for Patients Receiving Chemotherapy



Chemotherapy can cause fatigue. Please find ways to keep active that interest you in order to maintain your strength and stamina.

Drinking fluids are important to maintaining kidney function. Drink at least 8 glasses of liquid each day. Larger amounts of fluids are needed when taking Cytosan, Cisplatin and Methotrexate.

Frequent hand washing and hand sanitizer helps prevent infection. Avoid large crowds and people who are sick.

Common side effects from chemotherapy may be treated with over the counter medications, such as constipation, diarrhea, indigestion and heartburn. If symptoms are not better or worsen within 24 hours, notify the office immediately.

Chemotherapy can cause skin dryness, so keep skin hydrated with lotion. Avoid prolonged exposure to the summer sun and winter wind. Protective clothing, sunscreen, and hats are helpful.

Certain chemotherapy drugs can cause mouth sores and irritation. Use a half peroxide and half water solution as a gentle rinse. 1 tsp baking soda and 1 tsp salt dissolved in a pint of

water also helps. Swish and gargle several times a day to help prevent sores.

Some medications can cause drowsiness so you may need a driver.

During your treatment, feel free to bring comforting items such as a blanket, headphones, snacks or books.



Dietary Suggestions:

We have found that patients have less nausea if they have eaten.

We suggest that you eat before treatment. If you have a late morning or afternoon appointment, eat a snack before. Avoid fried or greasy foods.

For 2-3 days after chemotherapy, you should take your medications with food unless specifically told to take on an empty stomach. Drink fluids with breakfast, not before.

You should eat a bedtime snack for 2-3 days after chemotherapy. The best snacks are starchy and bland such as

pretzels, crackers, toast, muffins, bagels, vanilla wafers, animal crackers, or non-greasy popcorn.

Starchy, bland foods are also good if you are nauseated. Eat small amounts with sips of clear liquid.

The day of and after treatment avoid these foods:

- Fatty, greasy, or fried food.
- Red meats - bitter taste.
- Spicy food - hard to digest.
- Food with strong odors.

If you experience any of the following problems, call the office within 24 hours:

- Signs/symptoms of infection (fever greater than 100.4 F, shaking, chills, burning on urination, cough with dark mucus.)
- Vomiting that does not respond to medication.
- Unexplained bruising or bleeding (low platelets).
- Sudden severe headache, change in balance or vision.
- Pain that does not respond to pain medication.
- Any unusual symptoms that begin after chemotherapy.

To refill your prescription ordered by our office, ask during your doctor visit or call 24 hours in advance.