



Managing Side Effects

Here are some questions to help you start a discussion about side effects with your doctor.

1. What types of side effects can I expect from my current treatment plan?
2. Which side effects are common, and which are serious or urgent?
3. When should I call you about side effects?
4. Who should I contact – and how (phone, text, email) if side effects become severe?
5. What can I do to manage side effects at home?
6. Are there medications or therapies available to prevent or lessen side effects?
7. Is there someone who can give advice about managing side effects?

Specific side effects

1. How can I manage nausea and vomiting?
2. Are there activities or lifestyle adjustments that can help boost my energy if I experience fatigue?
3. Are there medications available to help alleviate these side effects?

Palliative or integrative care

1. Are there other healthcare professionals I should be consulting, such as a palliative care doctor or integrative oncologist?
2. Are there complementary therapies, such as acupuncture, meditation, or massage, that could help me manage side effects or improve my well-being?