



[REDACTED]

[REDACTED]

[REDACTED]

- [REDACTED]
[REDACTED]
[REDACTED] | [REDACTED]:
 - [REDACTED] ([REDACTED]) |
 - [REDACTED] ([REDACTED]) [REDACTED] |
- [REDACTED] 8 [REDACTED] 10 (8- [REDACTED]) [REDACTED]
[REDACTED] | [REDACTED] ([REDACTED]) [REDACTED]
[REDACTED] |
- [REDACTED]
[REDACTED]:
 - 100.4 °F (38 °C) [REDACTED] |

Please visit www.mskcc.org/hi/cancer-care/patient-education/video/managing-related-fatigue-01 to watch this video.

Managing Cancer-Related Fatigue

(<https://mskcc.prod.acquia-sites.com/cancer-care/patient-education/managing-related-fatigue>)

, ,



Please visit www.mskcc.org/hi/cancer-care/patient-education/video/how-manage-nausea-during-chemotherapy to watch this video.

-
- 8 10 (8-)



Please visit www.mskcc.org/hi/cancer-care/patient-education/video/how-manage-constipation-during-chemotherapy to watch this video.

Constipation is a common side effect of chemotherapy. It is a condition in which you have fewer than three bowel movements a week. Constipation can be uncomfortable and can lead to other problems, such as hemorrhoids. There are several ways to prevent and treat constipation. 3. Drink plenty of fluids. Water is the best choice. Other fluids include clear soups, broths, and fruit juices. Avoid alcohol and caffeine. Eat a diet high in fiber. Fiber helps move stool through the digestive tract. Good sources of fiber include fruits, vegetables, and whole grains. Exercise regularly. Physical activity can help stimulate the digestive system. Talk to your doctor about laxatives. Laxatives can help relieve constipation, but they should be used only as directed. Some laxatives can cause dehydration or other side effects.

Constipation: What to Do

- Drink plenty of fluids. Water is the best choice. Other fluids include clear soups, broths, and fruit juices. Avoid alcohol and caffeine.
- Eat a diet high in fiber. Fiber helps move stool through the digestive tract. Good sources of fiber include fruits, vegetables, and whole grains.
- Exercise regularly. Physical activity can help stimulate the digestive system.
- Talk to your doctor about laxatives. Laxatives can help relieve constipation, but they should be used only as directed. Some laxatives can cause dehydration or other side effects.

... (...)
...)
... | ...
... (Colace®) ... , ...
...
... | ...
... (Senokot® MiraLAX®) , ...
...
... | ...
...
... |

...
... :

- 2 ... 3 ...
...
...
- 2 ... 3 ...
...
...
- 2 ... 3 ...
...
...

...
...

Managing Constipation (<https://mskcc.prod.acquia-sites.com/cancer-care/patient-education/constipation>)

...

20 30

-

-
-
-

- 4% (CHG) Hibiclens®

:

- 100.4° F (38° C)
-

