

# Tips for Managing Fever While on Chemotherapy

Fever is a temperature of 38°C or higher. Fever is often a sign of an infection, although there can be other causes, such as a drug reaction or cancer itself.

Chemotherapy can lower your white blood cell count, which weakens your immune system, and puts you at risk for infection.

## Things you can do on your own



- Buy an easy to use, digital thermometer
- Keep a record of your temperature readings
- Do not take your temperature right after drinking hot or cold liquids
- Stay hydrated
- Make sure to get plenty of rest
- During chemotherapy treatment, it may **NOT** be safe for you to take over-the-counter medications unless directly instructed by your care team

## When to seek medical attention



- If you have a temperature of 38°C or higher
- If you experience shivering, chills, or are feeling very unwell
- If you become confused or forgetful
- If you are unable to take in enough fluids to stay hydrated



Scan the QR Code with your smart phone to access the information online or visit <https://nhghealth.com.sg>

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