

Tips for Managing Dizziness While on Chemotherapy

Things you can do on your own



- Ensure adequate hydration
 - If you have been previously told by any physician that you need to limit your fluid intake, please stick to the fluid restriction limits as advice if there are no increase losses (i.e. no vomiting or diarrhea)
- Avoid quick or sudden movements
 - Move slowly when standing up, walking, or changing positions
- Get support when walking e.g. use a walking stick
- Use handrails while using stairs
- Measure your blood pressure (BP) to check that it is within acceptable range (systolic BP between 100-150mmHg)

When to seek medical attention



- If you have weakness or numbness of one side of the body or uncontrollable movements e.g. tremor
- If you have facial drooping
- If you have trouble speaking or your family/friends have difficulty understanding your speech
- If you have difficulty drink fluids or swallowing
- If you have difficulty with coordination
- If you have blurred or double vision
- If you have chest pain
- If you have difficulty breathing/shortness of breath
- If you lose consciousness (faint) or feel like you may lose consciousness
- If you have signs of dehydration, including:
 - Feeling weak, dizzy, or lightheaded
 - Having dark yellow or very little urine
- If your systolic BP is <100 or >150mmHg



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