Tips for Gastrointestinal (GI) Oncology Patients
Patient Education

GI Cancer Center Resources, support groups, prescriptions

- Stanford Concierge Services and Supportive Care Program (650) 723-4268
  - Colorectal Cancer Support Group: 4th Wednesday every month, 6:30-8:00pm, 2nd floor Cancer Center conference rooms
- Diet and Nutrition information/appointments: Erica Connor, RD (650) 725-9461
- Ostomy/Wound care nurse: (650) 725-4980
- For prescription refills: have your pharmacist fax the request to (650) 498-5353

HELPFUL HINTS:

- **Moisturize your skin frequently:**
  Use lanolin and/or urea containing lotion for your skin, hands, and feet:
  Examples: “Udderly Smooth”, “Cetaphil”, “CeraVe”, and “Lindi Skin”

- **Drink plenty of fluids:**
  Not just water. Drink anything that is liquid at room temperature, popsicles, broth, soups, juices, protein rich drinks, sports drinks such as Gatorade.

- **Prevent constipation:**
  Drink plenty of fluids and take one stool softener the day before and the day of your chemotherapy infusion, as needed thereafter.

- **Stay active:**
  Take regular walks. People who exercise in moderation experience less fatigue during treatment. Regular exercise also helps to relieve stress, keep your bowel regular, and improve sleep.

- **Narcotic pain medications:**
  These pain medications require a written prescription. *Dilaudid, Morphine, Oxycodone, Fentanyl patches, etc. prescriptions cannot be faxed or called into a pharmacy.*
  **Please call in advance to request refills.** Do not wait until you only have a couple of pills left. It takes time to mail a prescription or arrange for pick up at the clinic. Automatic refills are not allowed by law.
COMMON MEDICATION

Require a prescription
_________ Compazine (prochlorperazine). Take 1 tablet (5 or 10 mg) every 6 to 8 hours as needed for nausea.
_________ Ativan (lorazepam). Take 1 mg every 4 to 6 hrs as needed for nausea, insomnia, or anxiety.
_________ Zofran (ondansetron) to prevent nausea. Take 8 mg, 2 times a day for 2 days after your chemotherapy infusion, thereafter as needed.
_________ Pain medication: __________

Available over the counter
_________ Imodium (loperamide) Take 2 tablets (2 mg each) after the first loose watery stool, and 1 to 2 after each subsequent stool (maximum 8 tablets in 24 hours); works to control diarrhea and abdominal cramping.
_________ Colace (docusate sodium). Take 1 tablet (100 mg) once or twice a day to prevent constipation; works as a stool softener.
_________ Miralax (polyethylene glycol 3350) take one packet (17 grams) once a day as needed to prevent constipation; works as a laxative, safe to use regularly.
_________ Other laxatives include Milk of Magnesia and Senokot S, regular use not recommended.
_________ Medications to bulk up stool and promote a regular bowel pattern include Citrucel, Benefiber, and Metamucil. Drink at least one glass of water with stool-bulking medications.

WHEN TO CALL:

- If you have a fever of 100.4 F (38.0 C) or higher, and/or shaking chills.
- If unable to keep food or fluids down for more than 12 hours.
- If multiple bouts of diarrhea not controlled with Imodium and/or lasting more than 1 day.
- If your pain is not controlled, and/or if you develop severe abdominal pain.
- If you are constipated for 2 or more days, and recommended medications are not effective.
- If you have ANY questions or concerns regarding your symptoms needing an urgent response.

HOW TO CALL
Call 650-498-6000 (24 hours a day every day including weekends and holidays)

- Press 1 for scheduling questions or to cancel a return appointment.
- Press 5 for questions regarding new symptoms. Your call will be forwarded to the triage nurse, your NP, PA, or your physician, depending on the urgency of your concern.
- Press 4 for all other questions (directions, billing, insurance, etc).
- For questions after 5 and on weekends and holidays your call will automatically be forwarded to the page operator who can connect you to the physician on-call for Oncology.

GI ONCOLOGY WEB SITES:

- Neuroendocrine tumors http://www.caringforcarcinoid.org
• Neuroendocrine tumors http://www.nanets.net
• Colon & Rectal tumors http://www.caring4cancer.com/go/colorectal/wellbeing
• Colon & Rectal tumors http://www.ccalliance.org
• Gastric cancer http://www.gastriccancer.org
• GI Stromal Tumor (GIST) http://www.gistnews.org
• Pancreatic tumors http://www.pancan.org
• Any Gastrointestinal tumors http://www.gi.org/patients/

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