

Tips for Managing Cough While on Chemotherapy

Things you can do on your own



- If you have mild cough, you can take over-the-counter cough medications such as guaifenesin or dextromethorphan (according to bottle instructions)
- Avoid smoking or smoky environments

REMINDER - Always keep your care team updated about over-the-counter medicines you are taking. If your care team tells you they are not safe for you, do not take them.

When to seek medical attention



- If you develop a fever of 38°C or higher
- If you feel short of breath
- If you have chest pain with your cough
- If you have blood when you cough
- If your symptoms do not improve or worsen



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

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