

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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