

# Tips for Managing Numbness and Tingling While on Chemotherapy

## Things you can do on your own



- Avoid extreme temperatures (too hot or too cold), because you could burn or freeze your skin
- Wear gloves or use an oven mitt when reaching into the refrigerator or freezer to protect your hands from the cold
- Do not drive if you cannot feel the pedals with your feet
- Avoid injury at home by keeping floors clear of tripping hazards, using handrails for balance
- Note that some chemotherapeutic agents, particularly oxaliplatin, may cause numbness over the infusional arm, which may last for hours to days
- It's important to tell your doctor if you have numbness or tingling at every visit
  - No medications are completely effective at stopping neuropathy
  - Changes to your chemotherapy regimen may be made to help with the symptoms / prevent worsening of the symptoms
- In many cases, numbness and tingling starts getting better after stopping the causative chemotherapeutic agent (if possible)

## When to seek medical attention



- If you have symptoms of a stroke (e.g. sudden onset of weakness, loss of balance/coordination, dizziness, severe headache, confusion, difficulty speaking, blurred or double vision)
- If you have associated back pain, especially if radiating down to the leg
- If you have associated weakness
- If you suddenly lose the ability to control your bladder or bowels



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