

4/30/12

wallace noten

BOWELS: **loose** diarrhea – (soft/runny, not formed)
liquid diarrhea – (consistency of water)

DIARRHEA – caused by:

CHEMOTHERAPY (and/or) RADIATION THERAPY

* **Imodium-AD** (Loperamide) 2mg tabs, [loose stools]

1. take 2 (two) tabs after the first **loose** stool
2. take 1 (one) tab after every other **loose** stool
3. if this does not firm up your stool or if your stool turns to liquid - take 2 (two) Imodium-AD after every stool
4. if liquid stool continues (see below liquid stool) or **please call**

* **Imodium-AD** (Loperamide) 2mg tabs, [liquid stools]

1. take 2 (two) tabs after the first episode of **liquid** stool
2. take 2 (two) tabs after every liquid stool
3. if you have repeated this 3 to 4 times in a row and still have **liquid** stool, **please call** – for loose or liquid stools lasting more than 12 to 24 hours, you may be instructed to take Imodium on a regular schedule of - 2 (two) tabs Imodium followed by 1- 2 (one - two) tabs every 2 to 4 hours for “unformed stools”

we may need to add another medication along with the Imodium for diarrhea control – Lomotil (Diphenoxylate Hydrochloride)

continued on next page

Exhibit "A"
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continued

DIARRHEA -

{This is a prescription, if needed it will be called into your pharmacy.}

* **Lomotil** (Diphenoxylate Hydrochloride with Atropine Sulfate)
2.5mg/.025mg tabs

*You have this at home
already*

1. the number of times you take the Lomotil with Imodium-AD will depend on the number of liquid stool & the consistency of your stools
2. you will be instructed to take 1(one) tab Lomotil two to four times a day – (morning, evening) or (morning, noon, evening, bedtime) with 1 to 2 (one - two) tabs of Imodium-AD on a regular schedule

Chemotherapy & Radiation therapy induced diarrhea leads to dehydration, electrolyte imbalances, if not treated early can become life threatening if not managed as soon as possible.

Recommendations:

* SKIN CARE - clean rectal area with mild soap & water after every bowel movement, rinse well, pat dry with a soft towel, apply moisture barrier ointment, Vaseline, Desitin, Boudreaux's Butt Paste, or like ointment for skin protection (if NOT receiving radiation treatments), use sitz bath for comfort.

* DIET – have 5-6 small frequent meals, try the BRATT diet: (bananas, rice, applesauce, toast, tea), as diarrhea lessens slowly add more bland, low-fiber foods: (boiled white rice, cheese, boiled skinless chicken or turkey, skinless potatoes). Increase additional fluids by at least 8-10 (8oz.) daily (above the 1-2 liters/24hrs. you should already be doing), room temperature: (Gatorade, Pedia-lyte, watered down juices, decaffeinated beverages, water).

Please call with any questions (802-847-8400) 24 hours a day 7 days a week.

Day # 0 = day before chemotherapy

Day # 1 = day of chemotherapy

Day # 2 = day after chemotherapy

Day # 3 = 3rd day after chemotherapy

Day # 4 = 4th day after chemotherapy (Take all medications listed below with food)

treatment → Monday 4/30/12

ANTI – NAUSEA MEDICATIONS - you will have at home:

These medications have been sent to Harry's Pharmacy, Barre with refills, 802-479-2521

**** YOU WILL TAKE THIS MEDICATION AFTER EVERY CHEMOTHERAPY TREATMENT (Decadron), AS PART OF YOUR TREATMENT**

***Dexamethasone (Decadron) 4 mg pills – take 8 mgs (2 pills) once daily with breakfast on day #2, day #3 and day #4 after chemotherapy**

Tuesday, Wednesday, Thursday → when your treatment is on a Monday.

***Prochlorperazine (Compazine) 10mg pills – take half (1/2) to one (1) pill every 6 hours as needed for nausea**

(may make you sleepy)

**** It is also ok to take this medication on regular schedule every 6 hours while awake if needed for nausea.**