

Discharge instructions and important phone numbers

You are receiving an anti-cancer treatment in the Medical Oncology department. Below you will find which phone numbers you can call with questions and when you should call the hospital.

When should you call the hospital?

- Fever (temperature above 38.5 C)
- Cold shivers
- Spontaneous bruising
- Persistent bleeding (for example nosebleeds or bleeding gums)
- Diarrhea that lasts longer than 24 hours or no stool for more than 3-4 days (depending on your normal bowel movement)
- Vomiting multiple times for more than 24 hours
- Painful mouth, gums and/or throat
- Increasing pain
- And any other symptom you think is important

What number can you call?

You can reach us 24/7. Have your patientnumber ready when you call.

- Monday to friday from 9:00 am to 4:00 pm:
Administration of the outpatient clinic - (020) 444 0522
- All other times:
Medical Oncology department 3C - (020) 444 2130

What should you pay attention to at home?

- Drinking: drink at least two liters of fluids per day.
- In case of nausea: eat/drink small amounts spread over the day, take the 'as needed' medication against nausea according to doctor's prescription.
- Oral care: according to the nurse's advice (rinse 6-8 times a day -during the whole period of treatment with chemotherapy- with a saline solution, use a soft toothbrush, use wooden toothpicks).
- Toilet hygiene (only when treated with chemotherapy):
 - After urinating, flush the toilet twice with the lid closed.
 - Men are advised to sit down while urinating.