

Common patient questions...

If your temperature is 38°C or above

A) Call the hospital or call the cancer centre or if unwell call an ambulance or attend emergency department immediately

When do I need to go to emergency?

A) If your temperature is 38°C and above, shortness of breath, uncontrolled vomiting or diarrhoea or feeling particularly unwell. If you are unsure, call the hospital.

Can I take supplements or herbal remedies?

A) Many supplements can react or affect chemotherapy treatment. Check with the pharmacist prior to treatment to check safety.

Can I still kiss my partner or children while on treatment?

A) Yes, you can

Will I get really sick/nauseous with treatment?

A) There are many good medications to prevent nausea – let your doctor know if what you are given doesn't work for you

Can I go swimming?

A) It is recommended not to swim in public pools when your immune system is at its lowest point – more chance of infection

Can I use the same toilet at home as my family?

A) Yes, but ensure the toilet is flushed properly & use gloves to wipe up body fluid spills with warm soapy water

Is lymphoma curable?

A) There are over 80 different types of lymphoma with different prognosis

How often will I need blood tests?

A) It will depend on your treatment and doctor

Will I lose my hair?

A) Depends on the type of chemotherapy you receive

Can I exercise during treatment?

A) Yes, gentle exercise is recommended – ask your medical team if you have any concerns

Can I still have sex?

A) Yes, you just need to protect from body fluids for 1 week after treatment

Will my treatment send me into menopause?

A) It will depend on the treatment and individual – ask your doctor

Will I become infertile with my treatment?

A) Depends on the treatment – ask your medical team

What happens if treatment doesn't work?

A) There are new treatments made available all the time – ask your doctor what is available for you – including clinical trials

Can I have pets?

A) Yes, however wash your hands regularly

Are there any clinical trials available for my subtype of lymphoma?

A) Ask your doctor or contact Lymphoma Australia

Can I garden?

A) Yes, ensure you wear gloves to protect your hands from cuts & infection – especially if immune system is low

Can I drink alcohol?

A) Some medications can be affected with alcohol. It is important to check with your medical team first.

Where can I get support for my loved ones?

A) They are welcome to contact Lymphoma Australia and join our support forums

What side effects should I expect during treatment? e.g. hair loss, appetite changes, mood, energy levels, vomiting and diarrhoea etc.

A) It will depend on your treatment and who you are individually. Check the Lymphoma Australia website for more information

How long will treatment go for?

A) This depends on your treatment – your medical team should let you know

Do I need to have treatment in hospital?

A) It will depend on your treatment

How will my life and work be affected? Who can I call?

A) Call the nurse support line for advice – 1800 953 081

Are there any foods I shouldn't eat on treatment?

A) Ensure all food is cooked well – keep away from uncooked/raw meats, soft cheeses

How long do I need to continue my post treatment medications for?

A) Generally, up to 1-3 months – ask your doctor as every patient is different



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| 2 | Subscribe to our eNews | Subscribe to keep up-to-date with all our latest eNews. |
| 3 | Join our Facebook Group | Share experiences, information and research by joining our lymphoma patients and carers group. Search Facebook groups for 'Lymphoma Down Under' |
| 4 | Patients and Carers Education Day | Please join us, it's free to attend. Stay informed by subscribing to our eNewsletter or email enquiries@lymphoma.org.au |

For more information, call the Nurse Support Line on **1800 953 081** or visit www.lymphoma.org.au