

# **Side Effect Management for Colon Cancer Patients**

## **Common Side Effects:**

- Loose stools or diarrhea
- Small amount of blood in stools
- Fatigue
- Nausea and vomiting
- Decreased appetite

## **Helpful Hints:**

- If you experience frequent loose stools or diarrhea, please refer to the Diarrhea Nutrition Therapy handout and begin dietary modifications and Imodium.
- Drink plenty of water throughout the day.
- Take prescription nausea medications 30 minutes before radiation treatment if indicated.
- Eat small frequent meals, rather than big meals.
- Start using lotion/Aquaphor to the treatment area from the start of treatment.
- If you have any questions regarding your chemotherapy, your nurse will help you be in touch with your medical oncology team.