

# Side Effect Management for Esophageal Cancer Patients

## Common Side Effects:

- Skin changes ranging from redness to blistering and peeling
- Nausea and vomiting
- Fatigue
- Painful sores in mouth and throat
- Dry mouth or thick saliva
- Pain with swallowing/difficulty swallowing
- Decreased appetite
- Feelings of food getting “stuck”

## Helpful Hints:

- If you have any questions regarding your chemotherapy, your nurse will help you be in touch with your medical oncology team.
- Drink plenty of water throughout the day.
- Start using lotion/Aquaphor to the treatment area from the start of treatment.
- Avoid hot, spicy, acidic, and or abrasive foods.
- Eat small frequent meals, rather than big meals.
- “Saline/soda rinses” help loosen secretions and maintain oral hygiene. Mix 1 tsp baking soda and 1 tsp salt to a glass of lukewarm water. Swish, gargle and spit. Do this at least 3 more times per day.
- Antacids might be helpful in preventing heartburn during treatment.
- Biotene products help decrease dry mouth.
- It is important to meet frequently with the dietician.
- You must maintain your current weight throughout the course of your treatment.

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