

<i>Client:</i>	<i>Date:</i>
<i>Clinician:</i>	

Fatigue is a common side effect of chemotherapy and radiation therapy. It can be caused by worry, lack of sleep, and poor appetite. Fatigue can also be a sign of **anemia** (a shortage of red blood cells). This could require medical treatment. The tips below can help you feel better.

### **Conserving Energy**

- Note the times of day when you are most tired and plan around them. For instance, if you are more tired in the afternoon, try to get tasks done in the morning.
- Decide which tasks are most important. Do those first.
- Pass tasks along to others when you need to. Ask for help.
- Accept help when it's offered. Tell people what they can do to help. For instance, you may need someone to fix a meal, fold clothes, or put gas in your car.
- Plan rest times. You may want to take a nap each day. Just sitting quietly for a few minutes can make you feel more rested.

### **What You Can Do to Feel Better**

- Relax before you try to sleep. Take a bath or read for a while.
- Form a sleep pattern. Go to bed at the same time each night and get up at the same time each morning.
- Eat well. Choose foods from all of the food groups each day.
- Exercise. Take a brisk walk to help increase your energy.
- Avoid caffeine and alcohol. Drink plenty of water or fruit juices instead.

### **Treating Anemia**

If you begin to feel more tired than normal, tell your nurse or doctor. Fatigue could be a sign of anemia.

### **Call Your Nurse or Doctor If You Have:**

- Shortness of breath or chest pain
- A dizzy feeling when you get up from lying or sitting down
- Paler skin than normal
- Extreme tiredness that is not helped by sleep

*Adapted from Krames On-Line*

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#### **IMPORTANT NOTICE**

Contact the on-call nurse if you are experiencing any change in your current health condition.  
For ALL emergencies requiring IMMEDIATE medical attention, call 911.