

home preparations

- Keep a chart of all your medications with the exact dosages and times for each.
- Buy a soft toothbrush that won't irritate sore gums.
- Have on hand any recommended over-the-counter medications you might need like anti-diarrhea, anti-nausea, stool softeners, laxatives, etc.
- Keep a supply of bottled water, juice, ginger ale and sports drinks (Gatorade) in the fridge.
- Keep hard candy with you to help with dry mouth
- Have a supply of snack foods such as dry crackers, cheese, yogurt, ice cream, Jell-O, pretzels, broth, nuts, raisins, bagels, etc.
- Get an electronic thermometer to check your temperature accurately.
- Prepare some meals in advance and freeze for future use.
- Clear a path to your bathroom. Remove any obstacles like rugs, chairs, electrical cords that may cause you to trip. Some pain medications make you groggy and you might need to get to the bathroom quickly.
- Keep a list of emergency telephone numbers and post it next to every phone in your house.
- Set up a bedside table kit with whatever you will need; medications, water, cups, tissues, bowl for vomiting, cold pack, Band-aids, hard candies, etc.