



## SHAW REGIONAL CANCER CENTER

[www.shawcancercenter.com](http://www.shawcancercenter.com)

### Tips for Treatment for Head/Neck Cancer

#### Home Care Instructions for Tube Feeds:

1. Flush tube daily with 60ml plain water.
2. Never exceed 1000ml plain water in tube per day without explicit instructions from your doctor. Not a nurse or the dietitian.
3. Do not start Tube Feeds or additional plain water flushes unless instructed by your doctor.
4. Swish and swallow 1 packet Glutasolve mixed in beverage of choice two times per day. This can decrease pain and mucositis or mouth sores from the radiation. Please order this product from Colorado Pharmacy at 1-800-792-3784 or 303-863-7644.
5. The dietitian will provide your tube feed orders. This will detail the amount, type of formula and frequency of feedings.
6. If you have any questions or concerns please call your doctor at 970-569-7429. If it is after hours, the answering service will page your doctor.
7. When instructed to start tube feedings, start with 4 oz. (1/2 cup or 120ml) formula by gravity followed by 1-2 oz. (60ml or 1 syringe) plain water flush. Increase tube feeds as tolerated over 24-48 hours to 1 can every 3-4 hours to goal of \_\_\_\_\_ cans per day of Isosource 1.5. Follow each feeding with 1-2 oz. plain water flush.
8. To meet fluid needs flush tube or drink 8 oz. of half water and half electrolyte replacement \_\_\_\_\_ times per day. Good electrolyte replacements are Gatorade, Powerade, and Pedialyte.
9. Continue to take foods and liquids by mouth as best you can.
10. Please call your doctor during or after hours at 970-569-7429 if you have any problems or concerns.

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At start of Radiation or Combined Radiation & Chemotherapy:

1. Take 1 Tablespoon pure honey 15 minutes before, 15 minutes after and 6 hours after radiation. This can help decrease the severity of mucositis or mouth sores from the radiation.
2. Eat a diet high in Beta-Carotene. Increasing dietary beta-carotene can decrease the risk of mucositis (mouth sores) and reduce recurrence by 33%. Do not take Beta-Carotene supplements. Good Sources are:

Amount	Food Item	Beta Carotene (mg)
1/2 cup	Broccoli-Boiled-Drained	645.84
1/2 cup	Carrots-Slices-Frozen-Boiled-Drained	6,279.46
1/2 cup	Spinach-Frozen-Boiled	4,386.15
1 cup	Spinach-Raw-Chopped	1,196.40
1/2 cup	Broccoli Florets-Raw	634.38
1/2 cup	Collards-Frozen-Boiled	3,049.80
1/2 cup	Sweet Potato-Peeled after Baking	13,092.00
1/2 cup	Acorn Winter Squash-Boiled-Mashed	189.51
1/2 cup	Butternut Winter Squash-Baked Cubes	4,270.15
1/2 cup	Hubbard Winter Squash-Raw Cubes	1,864.12
1/4 cup	Dried Apricot Halves-Uncooked	1,403.35
1/2 cup	Apricots-Raw-Halves	1,206.68
1/2 cup	Apricots w/ Skin-in Juice-Canned Halves	1,229.76
1/2 cup	Cantaloupe/Muskmelon-Cubes	1,536.00

3. Start Glutasolve take 2 times per day – see #4 on front page. This product helps decrease pain and mouth sores from the radiation.
4. Avoid commercial dental products. Use Biotene brand or Sensodyne brand mouth care products or baking soda.
5. Rinse mouth with Baking Soda Saline Solution as needed. To make solution mix 1 quart water with 1 teaspoon baking soda and  $\frac{3}{4}$  teaspoon salt.
6. Discuss reBalance or Caphasol mouth products with your doctor.
7. Avoid tobacco and alcohol which may irritate the mouth.

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If you have dry mouth:

1. Ask your doctor about using prescription salivary stimulant.
2. Drink plenty of fluids
3. Suck on ice chips, sugar free candy, and sugar-free popsicles.
4. Chew on sugarless gum.
5. Consider acupuncture treatments to stimulate saliva.
6. Eat soft, moist foods with gravies or sauces.
7. Avoid caffeine and alcohol.
8. Use dry mouth agents such as Mouth Kote and Biotene dry mouth gel. Ask a staff member for samples.
9. Use humidifier at night.

If you have mucositis or your mouth is sore:

1. Avoid sharp, crunchy food.
2. Avoid very hot, spicy or acidic foods.
3. Avoid toothpicks
4. Avoid tobacco and alcohol.
5. Ask physician about "Magic Mouthwash" or other agents that soothe the mouth.
6. Use extra soft toothbrush and soften further with warm water.
7. Clean your mouth with a square of gauze wrapped around your finger.
8. Ask physician to inspect your mouth for fungal infections.
9. Ask physician about pain medications

If you are having difficulty swallowing:

1. You may need to consult a swallowing therapist (speech therapist). Use of specialized exercises and compensatory strategies can help improve your swallowing function.
2. Consult physician on stretching your esophagus if needed.

Coping with taste changes:

1. Use plastic instead of metal utensils
2. Brush your teeth often and use baking soda solution to rinse mouth prior to eating.
3. Suck on sugar-less candy, breath mints, or fresh fruit slices.
4. Choose high-protein, high calorie foods.

If you have a poor appetite:

1. Eat small, frequent snacks/meals every 1-2 hours.
2. Avoid liquids with meals or only take small sips of liquids if needed. Try to drink most of your liquids between meals.
3. Try to be physically active to stimulate appetite.
4. Keep high-calorie, high protein foods on hand such as hard-boiled eggs, peanut butter, cheese, ice cream, puddings, nuts, canned tuna/chicken and cottage cheese.
5. Eat favorite foods.

If you have constipation:

1. Take stool softener regularly such as Colace (comes in liquid if needed).
2. Take laxative as needed such as Sennakot S, Milk of Magnesia or Miralax.

3. Talk to physician if you have not had a bowel movement in more than 2 days.
4. Try to eat at the same time everyday.
5. Drink at least 8-10 cups liquids everyday. Try prune juice, herbal teas, and hot lemonade in addition to water.

If you are having difficulty maintaining proper nutrition:

1. Try to maintain weight with soft or liquid diet.
2. Eat several small meals per day.
3. Drink plenty of fluids
4. Eat high calorie, high protein foods (see table below).
5. Consult with the dietitian.
6. If you continue to lose weight or are malnourished, it may be necessary to have a feeding tube placed or start tube feedings if you already have a tube placed.

<b>Foods</b>	<b>Suggestions</b>
Meat, Poultry and Fish	Add ground, chopped, shredded and cooked meat, chicken, canned tuna, crab meat or diced ham to casseroles, quiches, omelets, soufflés, soups and salads
Eggs	Sprinkle chopped hard-boiled eggs on salads, vegetables, and baked potatoes. Use sliced hard-boiled eggs in casseroles, whip eggs into mashed potatoes, add an extra egg to baked goods, French toast, casseroles, soups, quiches, puddings and custards
Fortified Milk	Mix one cup dry milk to one-quart whole milk. Use in place of milk in mashed potatoes, milk shakes, French toast, casseroles, soups, quiches, puddings and custards
Cheese	Grate and add to casseroles, mashed potatoes, pastas, salads; melt on steamed vegetables, baked potatoes, open faced sandwiches; eat as snack with crackers or fruit
Cottage Cheese	Use in casseroles, quiches, lasagna; stuff crepes, manicotti; add to gelatin salads, puddings; serve with fruit; spread on toasted bagel or English muffin and broil; eat as snack with fruit
Yogurt	Use as a base for salad dressing, dip; top with fruit. Try to find full-fat yogurt.
Ice Cream	Use in floats, milkshakes, malts, scoop on top of pie, cake, cubed gelatin.
Peanut Butter/Almond Butter	Use as dip for raw vegetables and fruit such as celery, apples, and bananas, spread on cookies, graham crackers, or crackers; mix-in with ice cream
Nuts	Add to casseroles, stir-fry, puddings, custards, cookies, cakes, sprinkle on salads, steamed vegetables, ice cream and keep in bowls around the house to munch on
Legumes	Use dried peas, lentils, and beans in soups and casseroles, add tofu to soups, casseroles and stir-fry