

Fever & Neutropenia

- **Fever** is an abnormally high body temperature.
- **Fever** is one of the body's responses to infection.
- **Neutropenia** (*new-tro-pee-nee-uh*) is a decrease in the infection fighting White Blood Cells (WBC'S).
- When someone is **Neutropenic**, the usual signs of infection (redness, swelling, and pus formation) may be absent.
- **Fever** is a concern especially when your WBC's are low.
- **Fever** may be common with the type of treatment you are receiving, please ask your doctor or nurse for more information.

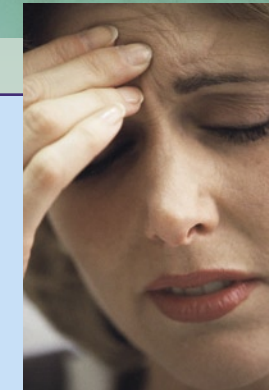
WHAT CAN YOU DO?

- Take your temperature 4 times a day or any time you do not feel well. Keep a log of your temperatures.
- Notify your doctor right away if you have any of the previously mentioned signs of infection.
- Wash your hands before you eat, before and after handling food, and after using the bathroom. Use soap and water and rub into a good lather.
- Drink 6 to 8 8-ounce glasses of fluids everyday, unless directed otherwise by your physician.
- Perform frequent mouth care brushing your teeth and rinsing with a mixture of baking soda and water.
- Get plenty of rest.
- Do not take Acetaminophen (Tylenol[®]) or Ibuprofen (Motrin[®], Advil[®]) as these can hide a fever; unless specifically instructed to by your doctor.

SIGNS OF INFECTION

Some signs of an infection that you might experience are:

- An increase in skin temperature
- A temperature of over 100.4°F (or 38°C) with or without shaking chills
- Body Aches
- Headache or pain around the eyes or nose
- Difficulty swallowing or feeling of fullness in the throat
- Mouth sores
- Redness, warmth or swelling from a surgical wound, injury or Intravenous (IV) site
- Painful urination or bowel movements



What to avoid when your WBC's are low:

- Large crowds of people
- People who are sick, especially children
- Foods that are uncooked or not cooked enough

What to expect when your WBC's are low in the hospital:

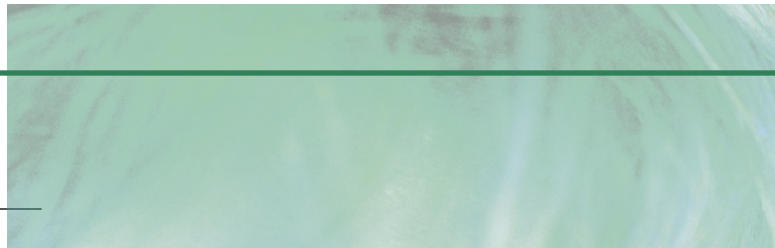
(Neutropenic precautions)

- You will require a mask to leave your room.
- Visitors will be required to perform good handwashing.
- Family and friends should not visit when they are not feeling well.
- Refer to Neutropenic diet instruction sheet for more information.

Fever, Associated with Neutropenia May be Serious:

Please record your temperatures and notify your doctor immediately.

DATE/TIME	TEMP	DATE/TIME	TEMP



SUNY Upstate Medical University
University Hospital
University Hospital
Oncology Services

FEVER AND NEUTROPENIA

SYRACUSE, NEW YORK