

Blood count

Low white blood cell count (Leukopenia)

What can I do if I know my white blood cell count is low?

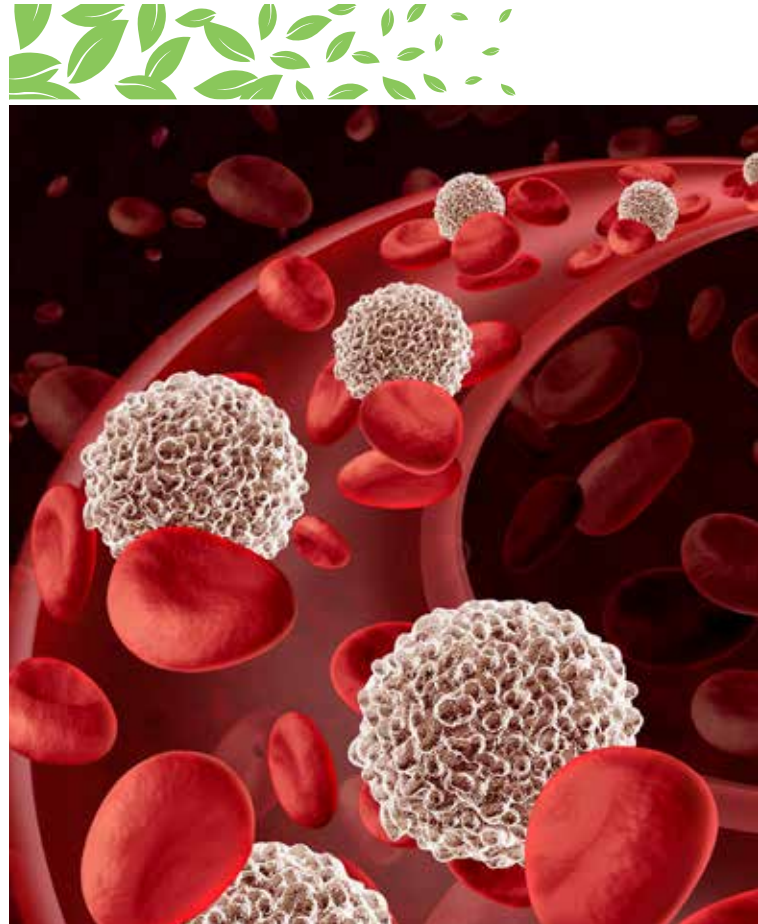
- Check your temperature daily while on treatment
- Stay away from adults and children who have a cold or flu
- Ask your doctor for yearly flu shot
- Avoid crowds of people in public places
- Wash your hands often (before eating and after using the toilet)
- Remind your healthcare team to wash their hands before starting a procedure
- Eat a balanced diet, drink at least eight glasses of water per day
- Wash your fruit and vegetables well
- Maintain good mouth care
- Shower or bath every day
- Get enough sleep
- Exercise regularly
- Don't work in the garden, unless you are wearing gloves
- Avoid contact with animals and animal waste
- Don't share drinking glasses or eating utensils with anyone
- Eliminate contact with sick people
- If you have a fever, report it immediately to the Urgent Care Unit (don't take Panadol at home)

Where can I get more information?

Urgent care unit (UCU) open 24hrs contact no 44397277/44397179

You can visit the Patient Information Center available from Sunday to Thursday

Contact no (44397530) from 7 am to 3 pm



Intimacy and sexual problems in cancer patients

Most chemotherapy drugs affect the bone marrow, making it harder to

make white blood cells (the cells that fight many types of infections). Your doctor will check your blood cell count often while you are getting chemotherapy.

What are white blood cells?

- Your white blood cells help your body fight infections.
- When there is a low white blood cell count in your blood you may get infection more easily.
- Your white blood cell count is usually lowest seven to ten days after your last chemotherapy treatment.
- It takes about one to two weeks to come back to normal.
- It is important to have blood tests done before starting your chemotherapy to make sure that your white blood cell count is fully recovered

How can I know the signs of infection?

There are several signs of infection, and if you have any one of these signs you should contact healthcare provider or go to the Urgent Care Unit in NCCCR:

- Fever (temp over 38°C or 100°F)
- Sore throat (along with fever)
- Chills, shaking or sweating
- A very fast heart rate
- Difficult or rapid breathing
- Shortness of breath or chest pain
- Consistent cough with colored sputum (green or yellow)
- Flu symptoms
- Bleeding or unexplained bruising
- Dizziness or confusion
- Long lasting diarrhea or vomiting
- Extreme tiredness or weakness
- Burning urination or urinating more often
- Bloody stool or blood in urine

When to get help

- You can get sick very quickly if you have an infection or when your white blood cells counts are low, even if you feel reasonably well.
- If you experience any of symptoms, contact the Urgent Care Unit