Managing Common Side Effects of CLL/SLL Drugs

Bloating/ Gassiness

Avoid/limit gas-producing foods (beans, cabbage, etc.)

Take simethicone as needed Maintain normal bowel habits

Heating pad on stomach

Increase activity



Increase fluid intake

Eat only bland or simple foods

Take over-the-counter antidiarrheals (loperamide/Imodium)

Notify your healthcare provider if you have frequent or persistent diarrhea

Headache

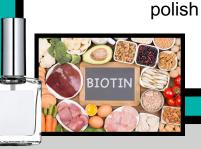
Increase caffeine & fluid intake

Take acetaminophen (Tylenol) per package instructions.

Headaches often occur when treatments are first started, and usually resolve with time.

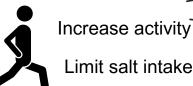
Nail Changes

Brittle fingernails and nailsplitting is common with some CLL/SLL treatments Increase Biotin in your diet Apply clear, strengthening nail



Swelling

Elevate your legs at rest



Wear compression

socks/stockings if not contraindicated due to another medical condition

Constipation

Increase fluid intake

Increase fiber intake (vegetables, whole grains, fiber supplements)

Increase activity/exercise

Take over-the-counter stool softeners

Fatigue/ Tiredness

Eat a well-balanced diet regularly to improve energy levels

Light exercise such as walking

Take short naps during the day

Maintain a regular schedule

Muscle & Joint Pain

Take acetaminophen (Tylenol) per package instructions.

Antihistamines (Allegra, Zyrtec, Claritin) may help reduce bone pain

Apply heat or ice to the affected area

Nausea & Vomiting

Modify diet to bland/simple foods Eat small, frequent meals instead

of large meals

Notify your healthcare provider if symptoms persist. Medication may be needed



This list represents only the most common and mild side effects and is not a complete list. For more information on managing side effects that are specific to each drug, click on the name of the drug within the CLL Medicine Cabinet.

Contact your healthcare provider if you have further questions about managing side effects.