



MEDICATION SIDE EFFECTS

Many common side effects can occur with any of the chronic lymphocytic leukemia (CLL) and small lymphocytic lymphoma (SLL) drugs. It is always important to inform your healthcare provider whenever you experience side effects of any kind, especially when they become bothersome, severe, or persistent. Some side effects go away over time as your body gets used to the new drug. The list below represents some of the most common side effects associated with medications prescribed to treat CLL and SLL and is not a complete list.

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



BLOATING/ GASSINESS

- Avoid/limit gas-producing foods (beans, cabbage, etc.)
- Take simethicone as needed
- Maintain normal bowel habits
- Heating pad on stomach
- Increase activity



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



SWELLING

- Elevate your legs at rest
- Increase activity
- Limit salt intake
- 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



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



NAIL CHANGES

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



HEADACHE

- Increase caffeine & fluid intake
- Take acetaminophen (Tylenol) per package instructions
- Headaches often occur when treatments are first started, and usually resolve with time



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



DIARRHEA

- 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