

## Oxaliplatin - reducing side effects caused by cold temperatures

This information is about a chemotherapy drug called Oxaliplatin. It gives advice on how to cope with one particular side effect so should be read along with Macmillan's fact sheet on Oxaliplatin chemotherapy. This drug can be given by itself or with other cancer treatments.

Oxaliplatin can sometimes affect the nerve endings in your hands, feet and throat resulting in feelings of tingling or numbness. These side-effects are usually strongest in the first week following your chemotherapy and can be made worse by anything cold.

For example you may feel suddenly very short of breath if you have a chilled drink or ice cream, walk outside on a cold day or open the fridge or freezer. Also touching anything cold can result in painful tingling to your hands or feet.

Please tell your doctor or nurse if you still feel tingling or numbness when you come for your next Oxaliplatin treatment.

In order to help prevent or reduce these symptoms, we would advise:

- **During the colder months: bring a hat, scarf and gloves** when you come for treatment, as the difference in temperature going from inside to outside may trigger these sensations.
- **Cover your nose and mouth with a scarf** when you go outside to prevent breathing in cold air.
- If someone is with you, it may be helpful to ask them to **warm the car** before taking you home. They can bring the car to the front of the treatment area.
- **Avoid chilled drinks and drinks with ice.**
- **Avoid cold foods** like ice cream.
- **Wear gloves** to avoid contact with cold objects. It would be advisable to have a pair of gloves by the fridge and freezer.



This information is only relevant to you if you are receiving Oxaliplatin. This list is not complete and your health care team may have other useful tips for helping you with these side effects.

You can contact the Lynda Jackson Macmillan Centre for further information on Oxaliplatin.

If at any time during your course of chemotherapy you become unwell you must contact:

**24 hour Acute Oncology Service**  
**Mount Vernon Cancer Centre:**  
**07825 028855**

