

## **G-CSF after chemotherapy**

After of chemotherapy the side effect is a drop in the number of white blood cells, which leads to an increased risk of getting an infection. Most people's white blood cells recover quickly after chemotherapy. But with some types of chemotherapy, it can take a long time for the number of white blood cells to rise again. They maybe need treatment with G-CSF.

Having G-CSF treatment can make white blood cell levels go up faster. So if the white blood cell count doesn't go up as it should you may have G-CSF treatment.

### **side effects**

- Headaches
- Loss of appetite
- Redness and irritation at the injection site
- Feeling or being sick, but this is usually well controlled with anti-sickness medicines
- Bone pain happens. It is caused by the bone marrow making blood cells. Paracetamol can help to control any pain.
- Fever
- Weakness
- Indigestion
- Sore throat
- Fatigue.

### **Self-Care**

- You may experience bone or joint pain as a result of this medication. Ask your healthcare provider if you may take a mild pain medicine to relieve this.
- You may be at risk of infection so try to avoid crowds or people with colds.
- Wash your hands often.
- Get plenty of rest.
- Maintain good nutrition.