

## Oxaliplatin (Eloxatin)

### DO

- Avoid cold temperatures and touching cold objects. Cover your skin if you must go outside in cold temperatures.
- Drink fluids warm or at room temperature.
- Always drink through a straw.
- Wear gloves to remove items from your freezer or refrigerator.
- Remember that most metal objects will be cold, especially in winter (including your mailbox, car door handles, etc.). **WEAR GLOVES!**
- If your body gets cold, warm up the affected part. If your hands feel cold, wash them in warm water.
- You may slowly add cold items into your diet after 5-7 days.
- Always let us know if you are having problems with side effects, or if you have any questions about treatment.

### DO NOT

- **DO NOT** drink cold drinks or use ice cubes in drinks.
- **DO NOT** breathe deeply when exposed to cold air. Cover your mouth and nose with a scarf or ski mask while outdoors in cold temps.
- **DO NOT** use ice chips if you are nauseated or have mouth sores. Check with the nurse about what you can use.

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