

## Ice Chips

Taking this high potency chemotherapy, Melphalan is quite simple:

1 to 2 hours prior to the treatment load your mouth with ice chips and keep them there, replenishing during the treatment, then for 1 hour afterwards.

The ice freezes the membranes that are so sensitive. I usually overdo it for 2 hours before and two hours past chemotherapy since I am a big chicken for pain.

The other thing you should consider is eating a light diet prior to the chemotherapy for 48 hours.

And, make sure you are taking the anti-fungal bacteria prescription prior to and after the treatment until your white blood count returns to normal.

It is really not a big deal. You don't feel anything and it did not make me sick, nor anyone I talked to that had the same procedure.

Good Luck,

Joe D.

Editor's note: Not all transplant centers will allow the use of ice chips. Check with your doctor or nurse in advance for approval.