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## LOW WHITE BLOOD CELL COUNT (NEUTROPENIA) MANAGEMENT

**WHITE BLOOD CELLS:** Needed to help prevent infections.

**LOW WHITE BLOOD CELLS:** May place you at increased risk for infection.

### PRACTICE GOOD HYGIENE:

- ✓ Wash hands with soap and water after toileting and when soiled and before eating.
- ✓ Keep skin moist with lotion to prevent breaks or cracks which may become infected.
- ✓ Clean all cuts and breaks in the skin with soap and water and cover with bandage or Band-Aid.
- ✓ Brush teeth or dentures twice daily. Use alcohol-free mouthwashes.
- ✓ Rinse your mouth before meals and at bedtime:
  - Make mouth rinse fresh daily: ½ tsp. salt and ½ tsp baking soda in 2 cups warm water

### AVOID POSSIBLE SOURCES OF INFECTION:

- ✓ Avoid contact with anyone with a cold or the flu or other infections.
- ✓ Frequent hand washing when exposed to others with colds or flu.
- ✓ Avoid crowds as much as possible. Try shopping at off-peak times.
- ✓ Avoid contact with waste materials from pets.
- ✓ Avoid uncooked foods (fresh fruits or vegetables, raw meats, uncooked eggs, sushi)
- ✓ Avoid contact with fresh flowers and plants.
- ✓ NO enemas or suppositories inserted into your rectum

### PRECAUTION:

- ✓ Take your temperature in morning upon arising and in evening between 4 to 7 PM and record it.
- ✓ Bring the record of your temperatures to your office visit.
- ✓ You may receive Neupogen or Neulasta injections to increase your white blood cell count.

### WHEN TO CALL:

Please call if you are concerned - on any day -at any time- about any issue!  
 Please call EARLY if you are not well, so that an office visit may be scheduled if needed.  
**FEVER:** Temperature above 100.4.  
 Shaking chills, night sweats.  
 Severe cough or sore throat or increased mucus.  
 Burning or pain with urination  
 Frequent urination that is cloudy or urine with bad odor  
 Draining from any open cut or sore  
 Redness, swelling, pain, or drainage from any tubes you may have (i.e. Peg tube).