

# Chemotherapy and You: Support for People With Cancer

Chemotherapy and You is for people who are about to receive or are now receiving chemotherapy for cancer. Family and friends may also want to read this booklet. This booklet is a guide you can refer to throughout your chemotherapy treatment. It includes facts about chemotherapy and its side effects. It highlights ways you can care for yourself before, during, and after treatment.

[PDF](#)

This booklet covers:

**Questions and answers about chemotherapy.** Answers common questions, such as what chemotherapy is and how it affects cancer cells.

**Side effects and ways to manage them.** Explains side effects and other problems that may result from chemotherapy. This section also has ways that you and your doctor or nurse can manage these side effects.

**Tips for meeting with your doctor or nurse.** Includes questions for you to think about and discuss with your doctor, nurse, and others involved in your cancer care.

**Ways to learn more.** Lists ways to get more information about chemotherapy and other topics discussed in this booklet - in print, online, and by telephone.

Talk with your doctor or nurse about what you can expect during chemotherapy. He or she may suggest that you read certain sections of this booklet or try some of the ways to manage side effects.

The information in this booklet was last updated January 2024.