

# Discharge Information for Patients with a Low White Blood Cell Count and Infection Following Chemotherapy

Discharge Information  
at the Royal Sussex County Hospital

During your chemotherapy treatment, you have developed an infection as a result of a low white blood cell count (these are the cells that fight infection). This is called Febrile Neutropenia, which can progress to Neutropenic Sepsis if not treated appropriately. Neutropenic Sepsis is a whole body reaction to an infection which is a serious condition and can be life-threatening if not treated appropriately.

Your Oncology Team is discharging you home with antibiotic tablets to treat your infection. This is safe practice as long as the following recommendations are followed.

**We will only discharge you home if:**

- We think it is medically safe to do so
- You understand the need to come back to the hospital if you become unwell again
- You are able to return to hospital quickly if you become unwell, and would not require patient transport to get to hospital
- You have a thermometer at home and agree to check your temperature twice daily.

If you are not able to meet these requirements, we will keep you in hospital on your antibiotics until your white blood count has improved.

If you experience any of the following symptoms, please phone the emergency helpline numbers:

### Sussex Cancer Centre:

(Monday-Friday 9.00am-5.00pm)

01273 696955 Ext. 4799

### Courtyard Level 8 (Out of Hours)

01273 696955 Ext. 64051

- Vomiting
- Rash
- Diarrhoea
- Temperature of 38C or higher
- If you feel unwell
- If you develop any new symptoms
- If you have any concerns or worries

If we are concerned about your condition when you telephone the helpline, we may need you to return to hospital to be assessed by a doctor and possibly re-admitted to be given intravenous antibiotics (through a drip).

You are able to continue with normal activities following discharge.

## **INSTRUCTIONS FOR ANTBIOTICS**

You have been prescribed:

# Patient Temperature Diary

Please record your temperature below from the day you are discharged.

Remember, if you feel unwell or your temperature is 38C or over, contact the helpline service.

<b>Date</b>				
<b>AM</b>				
<b>PM</b>				

<b>Date</b>				
<b>AM</b>				
<b>PM</b>				

<b>Date</b>				
<b>AM</b>				
<b>PM</b>				

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#### Disclaimer

The information in this leaflet is for guidance purposes only and is in no way intended to replace professional clinical advice by a qualified practitioner.

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