



Mesothelioma Caregiver Quick Reference

Essential information for family caregivers — daily care, symptoms to watch, and self-care

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Daily Care Essentials

- **Medications:** Track doses, timing, and side effects. Use a pill organizer and keep a written log.
- **Symptom monitoring:** Record pain levels (1-10), breathing difficulty, appetite, and energy daily.
- **Nutrition:** High-protein, small frequent meals. Ensure adequate hydration. Ginger or peppermint for nausea.
- **Mobility:** Gentle movement as tolerated. Reposition frequently for comfort. Assist with transfers safely.

When to Call the Doctor Immediately

Call 911 or go to the ER if you observe any of the following:

- Fever over 101°F (38.3°C)
- Severe or sudden shortness of breath
- Chest pain or pressure
- Confusion or sudden mental status change
- Uncontrolled pain not responding to medication
- Persistent vomiting (unable to keep fluids down for 24 hours)
- Signs of bleeding (blood in cough, stool, or urine)
- Signs of blood clot (leg swelling, warmth, redness)

Managing Treatment Side Effects

Chemotherapy: Nausea (anti-nausea meds 30 min before eating), fatigue (plan rest periods), infection risk (avoid crowds, watch for fever).

Surgery recovery: Pain management on schedule (don't wait for pain to peak), wound care per surgeon instructions, incentive spirometer breathing exercises 10x/hour while awake.

Immunotherapy: Skin reactions (moisturize, avoid sun), fatigue, flu-like symptoms. Report any new or worsening symptoms to the care team promptly.

Appointment Preparation

- Bring current medication list with dosages
- Bring symptom diary from the past week
- Write down your questions in advance (prioritize top 3)
- Bring a notebook or ask to record the appointment
- Have insurance cards and ID ready
- Arrange transportation (patient should not drive after treatments)

Caregiver Self-Care

You cannot pour from an empty cup. Caregiver burnout is real and common. Protect your own health:

- Sleep 7-8 hours — ask for help with overnight care if needed
- Eat regular meals — your nutrition matters too
- Accept help when offered — keep a list of specific tasks others can do
- Take breaks — even 15 minutes outside can reset your energy
- Talk to someone — a friend, counselor, or caregiver support group
- Ask about respite care for longer breaks

Important Phone Numbers

Oncologist: _____

Nurse Navigator: _____

Attorney: _____

Pharmacy: _____

Insurance: _____

Emergency Contact: _____

24/7 Legal Help: **1-800-400-1805**

Ready to Take the Next Step?

Our attorneys are available 24/7 for a free, confidential case review.

Call 1-800-400-1805

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