

Sepsis a chanser

Gall canser a rhai triniaethau canser gynyddu eich risg o sepsis. Mae'r daflen hon yn esbonio:

- yr hyn yw sepsis
- pryd y bydd angen i chi gysylltu gyda'ch tîm ysbyty
- yr hyn y gallwch ei wneud i amddiffyn eich hun.

Ceir esboniad o'r geiriau sydd wedi eu tanlinellu yn y rhestr eiriau ar y diwedd. Mae'r rhestr eiriau hefyd yn cynnwys ynganiad y geiriau yn Saesneg.

Os oes gennych unrhyw gwestiynau am yr wybodaeth hon, gallwch holi'ch meddyg neu nyrs yn yr ysbyty lle rydych yn cael eich triniaeth.

Mae'r wybodaeth hon yn trafod:

- Beth yw sepsis?
- Pam y gallwn i gael sepsis?
- Pryd gallai sepsis ddigwydd?
- Beth yw fy risg o gael sepsis?
- A allaf atal sepsis?
- Sut alla i helpu fy hun?
- Edrych ar ôl eich hun cyn triniaeth canser
- Edrych ar ôl eich hun yn ystod triniaeth canser
- Symptomau haint a allai arwain at sepsis
- Symptomau diweddarach sepsis - ffoniwch 999
- Beth fydd yn digwydd pan fyddaf yn galw fy nhîm ysbyty?
- Sut y gall Macmillan eich helpu chi
- Rhestr eiriau
- Mwy o wybodaeth yn Gymraeg
- Cyfeiriadau a diolchiadau

Beth yw sepsis?

Weithiau gelwir sepsis yn wenwyn gwaed. Mae'n digwydd pan fydd eich corff yn ymateb i haint trwy ymosod arno'i hun yn lle ymladd yr haint.

Mae angen trin sepsis yn gyflym yn yr ysbyty. Gall pobl farw o sepsis os na chaiff ei drin yn gyflym.

Pan fydd sepsis yn cael ei drin yn gyflym, mae'r rhan fwyaf o bobl yn gwella'n llwyr

Pam y gallwn i gael sepsis?

Gall canser a rhai triniaethau canser wneud eich corff fethu ag ymladd heintiau.

Mae ein cyrff wedi'u gwneud o flociau adeiladu bychain a elwir yn gelloedd. Mae ein gwaed wedi'i wneud o gelloedd, gan gynnwys celloedd gwaed coch a chelloedd gwaed gwyn.

Mae math o gell gwaed gwyn yn helpu ein cyrff i ymladd haint. Mae rhai triniaethau canser yn lleihau nifer y celloedd gwaed gwyn hyn yn ein cyrff. Mae hyn yn fwyaf cyffredin os ydych yn cael cemotherapi, ond gall ddigwydd gyda thriniaethau canser eraill hefyd.

Os oes gennych nifer isel o'r celloedd gwaed gwyn hyn, gall haint bach ddod yn un difrifol iawn. Gall achosi marwolaeth o fewn ychydig oriau.

Pryd gallai sepsis ddigwydd?

Gall haint neu sepsis ddigwydd unrhyw dro. Mae eich risg gan amlaf ar ei uchaf pan fydd gennych y nifer isaf o'r celloedd gwaed gwyn sy'n ymladd haint. Gall yr union amser amrywio, felly holwch eich tîm ysbyty pryd y byddwch â'r risg uchaf.

Beth yw fy risg o gael sepsis?

Mae eich risg o haint a sepsis yn dibynnu ar y math o gyffuriau canser rydych chi'n eu cael. Mae hefyd yn dibynnu ar:

- y math o ganser sydd gennych
- maint y canser
- os yw'r canser wedi lledu o'r man y dechreuodd i ran arall o'ch corff
- eich oedran
- eich iechyd cyffredinol.

A allaf atal sepsis?

Ni allwch atal nifer y celloedd gwaed gwyn sy'n ymladd haint rhag gostwng. Mae hyn yn golygu na allwch atal sepsis.

Y peth pwysicaf y gallwch chi ei wneud yw ffonio llinell gymorth 24-awr eich tîm ysbyty yn syth bin os oes gennych unrhyw bryderon. Mae hyn yn lleihau eich risg o ddatblygu problem ddifrifol o haint a gall achub eich bywyd.

Sut alla i helpu fy hun?

Dylech gadw rhif llinell gymorth 24-awr eich tîm ysbyty gyda chi bob amser. Bydd eich tîm ysbyty naill ai'n dîm canser neu'n dîm haematoleg, yn dibynnu ar y math o ganser sydd gennych.

Os gallai fod angen i rywun arall ffonio'r ysbyty ar eich rhan, dylent hwythau gael y rhif llinell gymorth 24-awr hefyd. Y bobl a allai fod angen y rhif yw:

- aelodau o'ch teulu
- eich ffrindiau
- eich cydweithwyr.

Peidiwch ag oedi - ffoniwch yr ysbyty yn gynt yn hytrach nag yn hwyrach. Mae'n hawdd trin sepsis os yw'r driniaeth yn cychwyn yn gynnar.

Mae'r rhain hefyd yn ffyrdd eraill y gallwch chi helpu'ch hun:

- Dywedwch wrth eich teulu, ffrindiau a chydweithwyr am eich risg o sepsis.
- Cynlluniwch sut y byddech chi'n cyrraedd yr ysbyty yn gyflym, er enghraifft pwy fyddai'n gofalu am eich plant neu'n eich helpu i gyrraedd yr ysbyty.
- Gwiriwch am symptomau haint pan mae yn ei gamau cynnar (haint cynnar). Rydyn ni'n disgrifio'r rhain yn yr wybodaeth hon.
- Gwiriwch am symptomau sepsis. Rydyn ni'n disgrifio'r rhain yn yr wybodaeth hon.
- Ffoniwch eich tîm canser ar frys os oes gennych unrhyw symptomau o haint.

Gall fod yn anodd gwybod os yw'r symptomau sydd gennych yn symptomau haint neu'n sgîl-effaith arall y driniaeth. Peidiwch ag oedi cyn cysylltu gyda'ch tîm ysbyty. Ni allwch chi na'ch meddyg ddweud pa heintiau a allai arwain at sepsis. Dyma pam fod yr holl heintiau a gaiff pobl yn ystod triniaeth canser yn cael eu trin ar frys.

Nid yw heintiau yn gwella ar eu pen ei hunain. Gellir trin heintiau cynnar gyda gwrth-fiotigau. Ond gall gohirio triniaeth ar gyfer haint fod yn beryglus.

Edrych ar ôl eich hun cyn triniaeth canser

Gallwch edrych ar ôl eich hun cyn triniaeth trwy wneud y canlynol:

- Siaradwch â'ch meddyg neu nyrs am gael y brechiad ffliw.
- Prynwch thermomedr, fel y gallwch wirio'ch tymheredd.
- Ewch am wiriad deintyddol cyn i chi ddechrau triniaeth canser.

Edrych ar ôl eich hun yn ystod triniaeth canser

Peidiwch â bod ofn byw eich bywyd fel arfer. Nid oes angen i chi osgoi lleoedd gorlawn na stopio gweld teulu a ffrindiau oni bai bod eich tîm ysbyty wedi dweud wrthy'ch wneud hynny. Caiff heintiau yn ystod cemotherapi fel arfer eu hachosi gan facteria sy'n bodoli'n naturiol yn eich corff.

Gallwch chi helpu'ch hun yn ystod y driniaeth trwy wneud y canlynol:

- Glanhewch unrhyw friwiau neu glwyfau ar unwaith a'u gorchuddio â phlastr.
- Glanhewch eich dannedd o leiaf ddwywaith y dydd.
- Ceisiwch osgoi pobl sy'n sâl, er enghraifft pobl â brech yr ieir, y dolur rhydd neu gyda thwymyn.
- Ffoniwch linell gymorth eich tîm ysbyty os ydych chi wedi bod yn yr un lle â phobl gyda brech yr ieir.
- Golchwch eich dwylo cyn ac ar ôl i chi fwyta a golchi'ch dwylo ar ôl defnyddio'r toiled.
- Golchwch eich dwylo ar unwaith ar ôl cyffwrdd neu godi gwastraff anifeiliaid.
- Defnyddiwch fenig glân ar gyfer garddio ac unrhyw weithgareddau eraill lle gallech chi dorri'ch hun.
- Coginiwch fwyd ar y tymheredd cywir a storiwch fwyd ar y tymheredd cywir.
- Dilynwch unrhyw gyngor a roddir i chi am eich diet. Does dim angen i bob claf wneud newidiadau i'w diet. Os oes angen ichi newid eich diet, cewch wybod am hyn ar ddechrau eich triniaeth.

Symptomau haint a allai arwain at sepsis

Cysylltwch gyda'ch tîm ysbyty ar unwaith os oes gennych unrhyw un o'r symptomau canlynol o haint:

- Rydych chi'n teimlo'n llai hwylus na'r arfer neu'n methu â chodi o'r gwely.
- Mae eich tymheredd yn mynd dros 37.5°C (99.5°F).
- Mae eich tymheredd yn mynd yn is na 36°C (96.8°F).
- Rydych chi'n teimlo'n rhylllyd, bron â fferu'n oer ac yn methu cynhesu, fel pan mae gennych chi'r ffliw.
- Mae gennych ddolur rhydd. Mae hyn yn golygu mynd i'r toiled 4 neu fwy o weithiau mewn 24 awr gan basio deunydd rhydd, dyfrllyd.

Mae yna fathau eraill o haint sydd â symptomau eraill. Dylech gysylltu gyda'ch tîm ysbyty ar unwaith os oes gennych unrhyw rai o'r symptomau hyn:

Symptomau haint wrin

- poen neu anghysur pan fyddwch chi'n pi-pi (pasio wrin)
- pi-pi yn amlach nag arfer
- teimlo nad yw eich pledren yn gwagio'n iawn
- methu ag aros i wagio eich pledren
- colli wrin (anymataliaeth)
- poen yn isel i lawr yn eich bol (abdomen)
- wrin sy'n gymylog neu'n drewi, neu sy'n cynnwys gwaed.

Symptomau haint ar y frest

- yn fyr o wynt
- brest boenus
- pesychu fflem wyrdd.

Symptomau haint ar y croen.

- cochni, gwres, chwydd neu boen (yn enwedig o amgylch linell PICC, linell ganolog, briw neu anaf).

Symptomau haint ar ddant

- poen sy'n dychlamu yn eich dant neu ddeintgig a all ddod ymlaen yn sydyn ac yn gwaethygu'n araf
- poen sy'n lledu i'ch clust, gên a'ch gwddf ar yr un ochr â'r dant neu'r deintgig poenus
- cochni neu chwydd yn eich wyneb.

Symptomau diweddarach sepsis - ffoniwch 999

Os oes gennych symptomau diweddarach sepsis, bydd angen cymorth meddygol arnoch ar unwaith. Mae angen cymorth meddygol arnoch i achub eich bywyd ac atal niwed difrifol i'ch corff.

Os oes gennych unrhyw un o'r symptomau hyn, ffoniwch 999:

- lleferydd aneglur neu ddryswch
- crynu eithafol neu boen yn y cyhyrau
- pasio dim wrin mewn diwrnod
- yn fyr ddifrifol o wynt
- croen wedi brychu neu afliwio
- teimlo'n sâl iawn ar y cyfan - efallai mai dyma'r gwaethaf i chi ei deimlo erioed.

Beth fydd yn digwydd pan fyddaf yn galw fy nhîm ysbyty?

Asesiad ffôn

Bydd eich tîm ysbyty yn gofyn am eich symptomau a'ch tymheredd. Efallai y byddan nhw'n gofyn i chi fynd i'r ysbyty ar frys ac efallai y bydd yn rhaid i chi aros i mewn. Mae'n bwysig mynd i'r ysbyty cyn gynted â phosibl, fel y gallwch gael eich gweld a chael triniaeth os oes angen.

Asesiad ysbyty

Bydd y tîm ysbyty yn eich trin fel achos brys, ond fel rheol ni fydd angen i chi gael eich ynysu mewn ystafell ar wahân. Mae'r tîm ysbyty yn debygol o:

- gynnig gwrthfotigau i chi trwy frechiad neu trwy ddrip i'ch llif gwaed (mewnwythiennol) cyn pen 1 awr ar ôl ichi gyrraedd
- eich archwilio
- cymryd ychydig o waed, gan gynnwys sampl i ddarganfod nifer y celloedd gwaed gwyn sy'n ymladd haint yn eich gwaed
- trefnu profion eraill, yn dibynnu ar yr arwyddion a'r symptomau sydd gennych
- penderfynu a oes gennych nifer rhy isel o'r celloedd gwaed gwyn sy'n ymladd haint ac os oes gennych haint neu arwyddion sepsis.

Dewisiadau triniaeth

Mae angen i'r rhan fwyaf o bobl â sepsis aros yn yr ysbyty i gael triniaeth wrthfotig i'w llif gwaed.

Os nad ydych chi'n debygol o gael unrhyw broblemau o'ch haint, efallai bydd y tîm ysbyty yn rhoi tabledi gwrthfotig i chi fynd adref gyda chi. Byddant yn dweud wrthy ch pa mor bwysig yw mynd yn ôl i'r ysbyty yn gyflym os oes gennych unrhyw broblemau.

Os oes angen i chi aros yn yr ysbyty, bydd eich tîm ysbyty yn siarad â chi am ba driniaeth wrthfotig sydd ei hangen arnoch ac am ba hyd. Byddant hefyd yn siarad â chi am ba mor hir y gallai fod angen i chi aros yn yr ysbyty.

Sut y gall Macmillan eich helpu chi

Mae Macmillan yma i'ch helpu chi a'ch teulu. Gallwch gael cefnogaeth gan:

- **Linell Gymorth Macmillan (0808 808 00 00).** Mae gennym gyfieithwyr, felly gallwch siarad gyda ni yn eich iaith. Dywedwch wrthym, yn Saesneg, yr iaith rydych am ei defnyddio. Gallwn ateb cwestiynau meddygol, rhoi gwybodaeth am gymorth ariannol i chi neu siarad gyda chi am eich teimladau. Gallwch ffonio 7 diwrnod yr wythnos rhwng 8am a 8pm.
- **Gwefan Macmillan (macmillan.org.uk).** Mae gan ein safle lawer o wybodaeth yn Saesneg am ganser a byw gyda chanser. Mae mwy o wybodaeth mewn ieithoedd eraill yn macmillan.org.uk/translations
- **Gwasanaethau gwybodaeth a chefnogaeth.** Mewn gwasanaeth gwybodaeth a chefnogaeth, gallwch siarad ag arbenigwr canser a chael gwybodaeth ysgrifenedig. Chwiliwch am eich canolfan agosaf yn macmillan.org.uk/informationcentres neu ffoniwch ni. Efallai y bydd gan eich ysbyty ganolfan.
- **Grwpiau cefnogaeth lleol** – Mewn grŵp cefnogaeth, gallwch siarad â phobl eraill wedi'u heffeithio gan ganser. Dewch o hyd i grŵp gerllaw yn macmillan.org.uk/supportgroups neu ffoniwch ni.
- **Cymuned Ar-lein Macmillan** – Gallwch hefyd siarad â phobl eraill wedi'u heffeithio gan ganser ar-lein yn macmillan.org.uk/community

rhestr eiriau

Gair Cymraeg	Yn Saesneg	Sut i'w ddweud yn Saesneg (trawslythreniad o'r gair Saesneg)	Ystyr
Brechiad	Vaccine	Fac-sîn	Triniaeth sy'n ceisio rhoi amddiffyniad (imiwnedd) i'ch corff rhag haint penodol. Fe'i rhoddir yn aml trwy bigiad.
Brechiad fflw	Flu vaccine	Fflw fac-sîn	Brechiad sy'n eich amddiffyn rhag cael y fflw.
Brech yr ieir	Chicken pox	Tsic-in pocs	Haint sy'n achosi twymyn, brech ar y croen a chroen coslyd. Mae pobl fel arfer yn cael hyn pan fyddant yn blentyn.
Celloedd	Cells	Séls	Y blociau adeiladu bach sy'n llunio organau a meinwe ein cyrff.
Celloedd gwaed coch	Red blood cells	Red blyd séls	Celloedd yn ein gwaed sy'n cario ocsigen o gwmpas y corff.
Celloedd gwaed gwyn	White blood cells	Wait blyd séls	Celloedd yn ein gwaed sy'n ymladd haint.
Cemotherapi	Chemotherapy	Cî-mo-ther-ypi	Triniaeth canser sy'n defnyddio cyffuriau i ladd celloedd canser.
Dolur rhydd	Diarrhoea	Dai-yr-îa	Mynd i'r toiled 4 neu fwy o weithiau mewn 24 awr gan basio deunydd rhydd, dyfrllyd.
Fflw	Flu (influenza)	Fflw (in-fflw-en-sa)	Haint yn yr ysgyfaint a'r llwybrau anadlu (y darnau rydyn ni'n anadlu drwyddynt yn ein cyrff). Gall hyn hefyd achosi twymyn a phoenau yn eich corff.

Gwrthfotigau	Antibiotics	Anti-bai-ot-ics	Meddyginiaethau sy'n trin haint.
Haint	Infection	In-ffec-shyn	Pan fo bacteria yn mynd i'ch corff ac yn achosi salwch.
Llinell ganolog	Central line	Sentral lain	Tiwb tenau sy'n mynd i mewn i wythïen yn eich brest. Fe'i defnyddir i roi cemotherapi. Mae un pen yn aros y tu allan i'r corff.
Llinell PICC	PICC line	Pic lain	Tiwb tenau sy'n mynd i mewn i wythïen yn eich braich. Fe'i defnyddir i roi cemotherapi. Mae un pen yn aros y tu allan i'r corff.
Pledren	Bladder	bladyr	Yr organ yn eich corff sy'n storio wrin nes i chi fynd i'r toiled.
Tîm ysbyty	Hospital team	Hos-bi-tyl tîm	Y tîm o feddygon, nyrsys a gweithwyr proffesiynol eraill sy'n gofalu amdanoch yn yr ysbyty.
Twymyn	Fever	Ffi-fyr	Pan fydd tymheredd eich corff yn poethi mwy na'r arfer i ymladd haint. Gall hyn hefyd wneud i chi chwysu a theimlo'n wan a phenysgafn.
Sgîl-efeithiau	Side effects	Said eff-ects	Effeithiau digroeso triniaeth canser, er enghraifft colli gwallt, teimlo'n sâl neu'n flinedig.

Rhagor o wybodaeth yn Gymraeg

Mae gennym wybodaeth yn Gymraeg am y pynciau hyn:

Mathau o ganser	Ymdopi â chanser
<ul style="list-style-type: none">• Canser y fron• Canser y coluddyn mawr• Canser yr ysgyfaint• Canser y brostad	<ul style="list-style-type: none">• Os cewch ddiagnosis o ganser – canllaw cyflym• Problemau bwyta a chanser• Diwedd oes• Cymorth ariannol - budd-daliadau• Cymorth ariannol – help gyda chostau• Bwyta'n iach• Blinder a chanser• Sgîl-ffeithiau triniaeth canser• Yr hyn y gallwch ei wneud i helpu'ch hun
Triniaethau <ul style="list-style-type: none">• Cemotherapi• Radiotherapi• Llawfeddygaeth	

I weld yr wybodaeth hon, ewch i macmillan.org.uk/translations

Siaradwch â ni yn Gymraeg

Gallwch ffonio Macmillan am ddim ar **0808 808 00 00** a siarad â ni yn Gymraeg trwy gyfieithydd. Gallwch siarad â ni am eich pryderon a'ch cwestiynau meddygol. Dim ond dweud Cymraeg yn Saesneg y mae angen i chi ei wneud pan fyddwch yn ffonio (dywedwch "Welsh").

Rydym ar agor 7 diwrnod yr wythnos rhwng 8am a 8pm.

Gobeithiwn y bydd yr wybodaeth hon o help i chi. Os oes gennych unrhyw gwestiynau, gallwn roi gwybodaeth a chefnogaeth i chi yn eich iaith dros y ffôn. Mae ein gwasanaethau'n rhad ac am ddim. Ffoniwch ni ar 0808 808 00 00 (7 diwrnod yr wythnos rhwng 8am a 8pm) a gofynnwch yn Saesneg am gael siarad yn eich dewis iaith.

Cyfeiriadau a diolchiadau

Mae'r wybodaeth hon wedi ei hysgrifennu a'i golygu gan dîm Datblygu Gwybodaeth Canser Cymorth Canser Macmillan. Mae wedi cael ei chyfieithu i'r Gymraeg gan gwmni cyfieithu.

Mae'r wybodaeth hon yn seiliedig ar lyfryn Macmillan **Cancer treatments and sepsis**. Gallwn anfon copi atoch chi, ond mae'r llyfryn llawn ar gael yn Saesneg yn unig.

Mae'r wybodaeth wedi ei hadolygu gan arbenigwyr perthnasol a'i chymeradwyo gan ein Prif Olygydd Meddygol, yr Athro Tim Iveson, Oncolegydd Meddygol Ymgynghorol a Phrif Olygydd Meddygol Macmillan.

Diolch hefyd i'r bobl y mae canser wedi effeithio arnynt a adolygodd yr wybodaeth hon.

Mae'r holl wybodaeth yn seiliedig ar y dystiolaeth orau sydd ar gael. Am ragor o wybodaeth am y ffynonellau a ddefnyddiwn, cysylltwch â ni yn **cancerinformationteam@macmillan.org.uk**

MAC18335_ Welsh

Adolygwyd y cynnwys: Hydref 2018

Adolygiad arfaethedig nesaf: 2021

Rydym yn gwneud pob ymdrech i sicrhau bod yr wybodaeth a ddarperir gennym yn gywir, ond ni ddylid dibynnu arni i adlewyrchu cyflwr presennol ymchwil feddygol, sy'n newid o hyd. Os ydych chi'n poeni am eich iechyd, siaradwch â'ch meddyg. Ni all Macmillan fod yn gyfrifol am unrhyw golled neu ddifrod sy'n deillio o unrhyw gamgymeriad yn yr wybodaeth hon na gwybodaeth trydydd parti fel gwybodaeth ar wefannau rydym yn rhoi dolenni atyn nhw.

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MAC18335_ Welsh

Sepsis and cancer

Cancer and some cancer treatments can increase your risk of sepsis. This leaflet explains:

- what sepsis is
- when you need to contact your hospital team
- what you can do to protect yourself.

Any words that are underlined are explained in the word list at the end. The word list also includes the pronunciation of the words in English.

If you have any questions about this information, ask your doctor or nurse at the hospital where you are having treatment.

This information is about:

- What is sepsis?
- Why might I get sepsis?
- When might sepsis happen?
- What is my risk of getting sepsis?
- Can I prevent sepsis?
- How can I help myself?
- Looking after yourself before cancer treatment
- Looking after yourself during cancer treatment
- Symptoms of an infection that may lead to sepsis
- Later symptoms of sepsis – call 999
- What will happen when I call my hospital team?
- How Macmillan can help you
- Word list
- More information in [language]
- References and thanks

What is sepsis?

Sepsis is sometimes called blood poisoning. It happens when your body reacts to an infection by attacking itself instead of fighting the infection.

Sepsis needs to be treated in hospital quickly. People can die from sepsis if it is not treated quickly.

When sepsis is treated quickly, most people make a full recovery

Why might I get sepsis?

Cancer and some cancer treatments can make your body unable to fight infections.

Our bodies are made up of tiny building blocks called cells. Our blood is made of cells, including red blood cells and white blood cells.

A type of white blood cell helps our bodies to fight infection. Some cancer treatments reduce the number of these white blood cells in our bodies. This is most common if you have chemotherapy, but it can happen with other cancer treatments too.

If you have a low number of these white blood cells, a minor infection can become very serious. It can cause death within a few hours.

When might sepsis happen?

An infection or sepsis can happen at any time. Your risk is usually highest when you have the lowest number of the white blood cells that fight infection. The exact time can vary, so ask your hospital team when you are most at risk.

What is my risk of getting sepsis?

Your risk of infection and sepsis depends on the type of cancer drugs you are having. It also depends on:

- the type of cancer you have
- the size of the cancer
- whether the cancer has spread from where it started to another part of your body
- your age
- your general health.

Can I prevent sepsis?

You cannot stop the number of white blood cells that fight infection from getting lower. This means you cannot prevent sepsis.

The most important thing you can do is call your hospital team's 24-hour helpline straight away if you have any concerns. This reduces your risk of developing a serious problem from an infection and can save your life.

How can I help myself?

You should keep your hospital team's 24-hour helpline number with you at all times. Your hospital team will be either a cancer team or a haematology team, depending on the type of cancer you have.

If someone else might need to phone the hospital for you, they should have the 24-hour helpline number too. People who might need the number are:

- members of your family
- your friends
- your work colleagues.

Do not delay – always call the hospital sooner rather than later. Sepsis is easy to treat if the treatment starts early.

These are also other ways you can help yourself:

- Tell your family, friends and work colleagues about your risk of sepsis.
- Plan how you would get to hospital quickly, for example who would look after your children or help you to get to hospital.
- Check for the symptoms of an infection when it is in its early stages (early infection). We describe these in this information.
- Check for the symptoms of sepsis. We describe these in this information.
- Call your cancer team urgently if you have any symptoms of infection.

It can be difficult to know if the symptoms you have are of an infection or another treatment side effect. Do not delay contacting your hospital team. Neither you or your doctor can tell which infections might lead to sepsis. This is why all infections people get during cancer treatment are treated urgently.

Infections do not get better on their own. Early infections can be treated easily with antibiotics. But delaying treatment for an infection can be dangerous.

Looking after yourself before cancer treatment

You can look after yourself before treatment by doing the following:

- Talk to your doctor or nurse about getting the flu (influenza) vaccine.
- Buy a thermometer, so you can check your temperature.
- Have a dental check before you start cancer treatment.

Looking after yourself during cancer treatment

Do not be afraid to live your life as normal. You do not need to avoid crowded places or stop seeing family and friends unless your hospital team has told you to.

Infections during chemotherapy are usually caused by bacteria that are naturally present in your own body.

You can help yourself during treatment by doing the following:

- Clean any cuts or grazes straight away and cover them with a plaster.
- Clean your teeth at least twice a day.
- Avoid people who are ill, for example people with chicken pox, diarrhoea or a fever.
- Call your hospital team's helpline if you have been in the same place as people with chicken pox.
- Wash your hands before and after you eat and wash your hands after using the toilet.
- Wash your hands straight away after touching or removing animal waste.
- Use clean gloves for gardening and any other activities where you might cut yourself.
- Cook food at the correct temperature and store food at the correct temperature.
- Follow any advice you are given about your diet. Not all patients need to make changes to their diet. If you need to change your diet, you will be told about this at the start of your treatment.

Symptoms of an infection that may lead to sepsis

Contact your hospital team urgently if you have any of the following symptoms of infection:

- You feel less well than normal or unable to get out of bed.
- Your temperature goes over 37.5°C (99.5°F).
- Your temperature goes below 36°C (96.8°F).
- You feel shivery, freezing cold and unable to get warm, like when you have 'flu (influenza).
- You have diarrhoea. This means having 4 or more loose, watery bowel movements in 24 hours.

There are some types of infection that have other symptoms. You should contact your hospital team urgently if you have any of these symptoms:

Symptoms of a urine infection

- pain or discomfort when you pee (pass urine)
- peeing more often than usual
- feeling that your bladder is not fully emptying
- being unable to wait to empty your bladder
- leaking urine (incontinence)
- pain low down in your tummy area (abdomen)
- urine that is cloudy or foul smelling, or that contains blood.

Symptoms of a chest infection

- breathlessness
- a sore chest
- coughing up green phlegm.

Symptoms of a skin infection.

- redness, heat, swelling or pain (especially around a PICC line, central line, cut or wound).

Symptoms of a tooth infection

- throbbing pain in your tooth or gum that may come on suddenly and slowly gets worse
- pain that spreads to your ear, jaw and neck on the same side as the painful tooth or gum
- redness or swelling in your face.

Later symptoms of sepsis – call 999

If you have the later symptoms of sepsis, you need medical help straightaway. You need medical help to save your life and prevent serious damage to your body.

If you have any of these symptoms, call 999:

- slurred speech or confusion
- extreme shivering or muscle pain
- passing no urine in a day
- severe breathlessness
- skin that is mottled or discoloured
- feeling generally very unwell – it may be the worst you have ever felt.

What will happen when I call my hospital team?

Telephone assessment

Your hospital team will ask about your symptoms and your temperature. They might ask you to go to hospital urgently and you might have to stay in. It is important to go to the hospital as soon as possible, so you can be seen and given treatment if needed.

Hospital assessment

The hospital team will treat you as an emergency, but you will not usually need to be isolated in a separate room. The hospital team are likely to:

- offer you antibiotics by injection or through a drip into your bloodstream (intravenously) within 1 hour of your arrival
- examine you
- take some blood, including a sample to find out the number of white blood cells that fight infection in your blood
- arrange other tests, depending on the signs and symptoms you have

- decide whether you have too low a number of the white blood cells that fight infection and whether you have an infection or signs of sepsis.

Treatment options

Most people with sepsis need to stay in hospital for antibiotic treatment into their bloodstream.

If you are unlikely to have any problems from your infection, the hospital team might give you antibiotic tablets to take at home instead. They will tell you how important it is to go back to hospital quickly if you have any problems.

If you need to stay in hospital, your hospital team will talk to you about what antibiotic treatment you need and for how long. They will also talk to you about how long you might need to stay in hospital for.

How Macmillan can help you

Macmillan is here to help you and your family. You can get support from:

- **The Macmillan Support Line (0808 808 00 00).** We have interpreters, so you can speak to us in your language. Just tell us, in English, the language you want to use. We can answer medical questions, give you information about financial support, or talk to you about your feelings. The phone line is open 7 days a week, 8am to 8pm.
- **The Macmillan website (macmillan.org.uk).** Our site has lots of English information about cancer and living with cancer. There is more information in other languages at macmillan.org.uk/translations
- **Information and support services.** At an information and support service, you can talk to a cancer support specialist and get written information. Find your nearest centre at macmillan.org.uk/informationcentres or call us. Your hospital might have a centre.
- **Local support groups** – At a support group you can talk to other people affected by cancer. Find a group near you at macmillan.org.uk/supportgroups or call us.
- **Macmillan Online Community** – You can also talk to other people affected by cancer online at macmillan.org.uk/community

Word list

Word (target language)	In English	How to say in English (transliteration of English word)	Meaning
	Antibiotics		Medicine that treats an <u>infection</u> .
	Bladder		The organ in your body that stores urine until you go to the toilet.
	Cells		The tiny building blocks that make up the organs and tissues of our bodies.
	Central line		A thin tube that goes into a vein in your chest. It is used to give <u>chemotherapy</u> . One end stays outside the body.
	Chemotherapy		A cancer treatment that uses drugs to kill cancer cells.
	Chicken pox		An <u>infection</u> that causes a <u>fever</u> , skin rash and itchy skin. People usually get this when they are a child.
	Diarrhoea		Having 4 or more loose, watery bowel movements in 24 hours.
	Fever		When your body temperature gets hotter than usual to fight an <u>infection</u> . This can also make you sweat and feel weak and dizzy.
	Flu (influenza)		An infection of the lungs and airways (the passages we breathe through in our bodies). This can also cause <u>fever</u> and aches in your body.
	Flu vaccine		A <u>vaccine</u> that protects you from getting the <u>flu</u> (<u>influenza</u>).

	Hospital team		The team of doctors, nurses and other professionals who will look after you in hospital.
	Infection		When bacteria gets into your body and causes an illness.
	PICC line		A thin tube that goes into a vein in your arm. It is used to give <u>chemotherapy</u> . One end stays outside the body.
	Red blood cells		<u>Cells</u> in our blood that carry oxygen around the body.
	Side effects		Unwanted effects of cancer treatment, for example hair loss, feeling sick or tiredness.
	Vaccine		A treatment that aims to give your body protection (immunity) from a particular <u>infection</u> . It is often given by injection.
	White blood cells		<u>Cells</u> in our blood that fight <u>infection</u> .

More information in [language]

We have information in [language] about these topics:

<p>Types of cancer</p> <ul style="list-style-type: none">• Breast cancer• Large bowel cancer• Lung cancer• Prostate cancer <p>Treatments</p> <ul style="list-style-type: none">• Chemotherapy• Radiotherapy• Surgery	<p>Coping with cancer</p> <ul style="list-style-type: none">• If you are diagnosed with cancer – a quick guide• Eating problems and cancer• End of life• Financial support – benefits• Financial support – help with costs• Healthy eating• Tiredness (fatigue) and cancer• Side effects of cancer treatment• What you can do to help yourself
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To see this information, go to [macmillan.org.uk/translations](https://www.macmillan.org.uk/translations)

Speak to us in [language]

You can call Macmillan free on **0808 808 00 00** and speak to us in [language] through an interpreter. You can talk to us about your worries and medical questions. Just say [language] in English when you call (say “xxxxx”).

We are open 7 days a week, 8am to 8pm.

References and thanks

This information has been written and edited by Macmillan Cancer Support's Cancer Information Development team. It has been translated into [language] by a translation company.

The information included is based on the Macmillan booklet **Cancer treatments and sepsis**. We can send you a copy, but the full booklet is only available in English.

The information in this booklet has been reviewed by relevant experts and approved by our Chief Medical Editor, Professor Tim Iveson, Consultant Medical Oncologist and Macmillan Chief Medical Editor.

Thanks also to the people affected by cancer who reviewed this information.

All our information is based on the best evidence available. For more information about the sources we use, please contact us at **cancerinformationteam@macmillan.org.uk**

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We make every effort to ensure that the information we provide is accurate but it should not be relied upon to reflect the current state of medical research, which is constantly changing. If you are concerned about your health, you should consult your doctor. Macmillan cannot accept liability for any loss or damage resulting from any inaccuracy in this information or third-party information such as information on websites to which we link.

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