



## When to call for help

**If you experience a medical emergency, such as chest pain, call 9-1-1.**

Call the LRCP Triage Nursing Line **Monday to Friday 8:30 a.m. to 4:00 p.m.** at **519-685-8600** and **press '3'** if you have any of these changes in your condition:

- Fever of 38<sup>0</sup> C (100.4<sup>0</sup> F) or higher when you are on chemotherapy
- Difficulty breathing
- Increased pain
- Any unusual, strong, or new pain especially in the spine
- Loss of feeling or movement in your arms or legs
- Trouble emptying your bladder
- Vomiting that lasts **more than 1 day** (24 hours)
- Diarrhea lasting **more than 2 days** (48 hours)
- Nausea lasting **more than 2 days** (48 hours), even after taking anti-nausea medicine
- Cankers or sores in your mouth
- Constipation lasting for 3 days (72 hours) and is not relieved by laxatives
- Bleeding that will not stop
- Confusion and increased sleepiness
- Seizures and convulsions
- Sudden swelling or pain in your arms or legs
- Arms or legs suddenly feel hot or cold to the touch

**If it is after hours, a holiday, or on a weekend,** call your family doctor or go to your nearest Emergency Department.