

(un)cancer

## Radiation Checklist

# Products to help ease the burden of radiation-related issues

- ☐ No-touch thermometer
- ☐ Cold gel pack with hypoallergenic sleeve
- ☐ Lanolin-free skin ointment
- ☐ Low pH, gentle skin cleanser
- ☐ Corn starch based powder
- ☐ Aloe gel for itchy skin
- ☐ OTC Silvadene cream
- ☐ Loose-fitting clothing
- ☐ Sunblock, SPF 30 or higher
- ☐ Unscented lip balm
- ☐ Ginger chews or queasy pops
- ☐ Nausea disposable bags
- ☐ Hand sanitizer
- ☐ 1:1 salt & baking soda in 32 oz water mouthwash (for head & neck cancers)
- ☐ Saliva spray/dry mouth melts (for head & neck cancers)
- ☐ Super soft toothbrush (for head & neck cancers)
- ☐ Small flashlight & tongue depressor (to check for mouth sores)