

What is Neulasta®?

Neulasta® is a prescription medication called a white cell booster that helps your body produce more white blood cells to reduce your risk of infection. A low white blood cell count can delay your chemotherapy or keep you from getting your full dose.

With the help of a white cell booster, you can maintain a sufficient white blood cell count. This gives you a better chance of being able to stick to your chemotherapy schedule, which most doctors agree is the first step to success.

Studies have proven the effectiveness of Neulasta® in helping to protect chemotherapy patients against the complications of a low white blood cell count.

An improvement in your white blood cell counts will show that Neulasta® is doing its job.

Take other steps to help protect against infection.

As a cancer patient taking chemotherapy (this is sometimes called chemo), you may be aware how some chemo increases your chance of infection. While this may be true, there are steps you can take to protect against infection.

At every step of your chemo, it's important to help protect yourself against infections. Taking a white cell booster such as Neulasta® (pegfilgrastim) is one way to protect yourself, but there are other everyday precautions that are also helpful, such as the following:

- Always wash your hands with soap and plenty of water to avoid transmission of infection through things that you touch.
- Avoid people with colds or the flu.
- Avoid large crowds to avoid coming into contact with sick people.
- Bathe daily and gently dry your skin.
- Use lotion to help prevent cracks in your skin.
- Prevent cuts or scrapes, which can provide places for infection to enter your body.
- Use an electric razor instead of a blade to prevent cuts.
- Handle sharp objects with caution.
- Wear protective gloves when appropriate.
- If you get a cut or scrape, cover it with a clean bandage until it heals.
- Cook food thoroughly to kill infection-causing bacteria that may be in raw food.

Watch for signs of infection

Be sure to report any of the following signs of infection immediately to your doctor:

- **Fever higher than 100.4°F (38.2°C)**
- Chills
- Cough or sore throat
- Loose stools/diarrhea over 24 hours
- Changes in urination
- Mouth ulcers or sores in the throat or around the rectum
- Unusual vaginal discharge or itching
- Redness, swelling, or sores on the skin