

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 unrhyw eiriau sydd wedi eu tanlinellu yn y rhestr geiriau ar y diwedd. Mae'r rhestr geiriau hefyd yn cynnwys sut i ddweud 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.

Gallwch hefyd ffonio Cymorth Canser Macmillan ar radffôn **0808 808 00 00 7** diwrnod yr wythnos rhwng 8am a 8pm. Mae gennym gyfieithwyr, gallwch siarad â ni yn eich iaith eich hun. Pan fyddwch yn ein ffonio, dywedwch wrthym yn Saesneg pa iaith yr ydych ei hangen.

Mae yna ragor o wybodaeth ar ganser mewn ieithoedd eraill ar macmillan.org.uk/translations

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?
- Cael y gofal a'r cymorth cywir i chi
- Sut y gall Macmillan eich helpu chi
- Rhestr geiriau
- 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 adweithio i haint ac yn ymosod ar ei organau a'i feinweoedd ei hun.

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

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. Gelwir y celloedd hyn yn niwtroffiliau. 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 niwtroffiliau hyn, gall haint mân ddod yn ddifrifol iawn. Gallai achosi marwolaeth o fewn ychydig oriau.

Pryd gallai sepsis ddigwydd?

Gall haint neu sepsis ddigwydd unrhyw dro. Mae eich risg fel arfer ar ei uchaf pan fydd nifer y niwtroffiliau yn eich gwaed yn isel. Gall yr union amser amrywio, felly gofynnwch i dîm eich ysbyty pryd rydych chi mewn perygl mwyaf.

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
- cam y canser
- eich oedran
- eich iechyd cyffredinol.

A allaf atal sepsis?

Ni allwch atal nifer y celloedd gwaed gwyn 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 ar unwaith os ydych yn gofidio.

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. Cadwch y rhif yn eich ffôn symudol. Gallwch hefyd ofyn i deulu a ffrindiau gadw nodyn o'r rhif. Bydd eich tîm ysbyty naill ai'n dîm canser neu'n dîm haematoleg, yn dibynnu ar y math o ganser sydd gennych.

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.
- Cadwch gofnod o'r driniaeth rydych yn ei chael a phryd y cawsoch hi ddiwethaf.
- Gwiriwch am symptomau cynnar haint. 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 sgil 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. Mae'r 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 ofalu am eich hun cyn triniaeth trwy wneud y canlynol:

- Siaradwch â'ch meddyg neu nyrs am gael y brechlyn fflw a brechlyn covid. Dylai oedolion rydych yn byw gyda nhw gael y brechlynnau hyn hefyd.
- Prynwch thermomedr, fel y gallwch wirio'ch tymheredd gartref.
- Ewch am wriad 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 teulu a ffrindiau, oni bai eu bod yn sâl. 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:

- Ceisiwch osgoi pobl sy'n sâl, er enghraifft pobl â choronafeirws, brech yr ieir, yr eryr, dolur rhydd neu â thwymyn.
- Ffoniwch linell gymorth eich tîm ysbyty os ydych wedi dod i gysylltiad â phobl â haint.
- 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.
- 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.
- Glanhewch unrhyw friwiau neu glwyfau ar unwaith a'u gorchuddio â phlastr.
- Glanhewch eich dannedd o leiaf ddwywaith y dydd.
- Coginiwch fwyd ar y tymheredd cywir a storiwch fwyd ar y tymheredd cywir.

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 yn teimlo'n llai da nag arfer.
- 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 rhymllyd, bron â fferru'n oer ac yn methu cynhesu, fel pan mae gennych chi'r ffliw.
- Mae gennych ddolur rhydd. Mae hyn yn golygu pasio mwy o garthion (pw) nag sy'n arferol i chi neu gael carthion dyfrllyd neu rydd. Os oes gennych stoma, bydd yn fwy actif nag arfer.

Mae yna rai mathau 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 ar ôl pasio dŵr
- 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

- teimlo'n fyr eich gwynt
- cael brest ddolurus
- pesychu fflem wyrdd.

Symptomau haint ar y croen.

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

Symptomau haint ar ddant

- poen sy'n dychlamu yn eich dant neu ddeintgig a all ddechrau'n sydyn a 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
- diffyg anadl difrifol
- 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 argyfwng. Mae'r tîm ysbyty yn debygol:

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

Dewisiadau triniaeth

Bydd y rhan fwyaf o bobl â sepsis yn aros yn yr ysbyty i gael triniaeth wrthfiotig i'w llif gwaed.

Bydd eich tîm ysbyty yn siarad â chi am ba driniaeth wrthfiotig 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.

Os nad ydych chi'n debygol o gael unrhyw broblemau o'ch haint, efallai bydd y tîm ysbyty yn rhoi tabledi gwrthfiotig i'w cymryd gartref yn lle hynny. Byddant yn dweud wrthyhych pa mor bwysig yw mynd yn ôl i'r ysbyty yn gyflym os oes gennych unrhyw broblemau.

Cael y gofal a'r cymorth cywir i chi

Os oes gennych ganser a ddim yn siarad Saesneg, efallai eich bod yn poeni y bydd hyn yn effeithio ar eich triniaeth a'ch gofal canser. Ond dylai eich tîm gofal iechyd gynnig gofal, cymorth a gwybodaeth i chi sy'n bodloni'ch anghenion.

Gwyddom y gall pobl wynebu heriau ychwanegol weithiau wrth gael y cymorth cywir. Er enghraifft, os ydych yn gweithio neu os oes gennych deulu, gall fod yn anodd dod o hyd i amser i fynd i apwyntiadau ysbyty. Efallai y bydd gennych bryderon hefyd am arian a chostau cludiant. Gall hyn i gyd fod yn straen ac yn anodd ymdopi ag ef.

Ond mae help ar gael. Gall ein llinell gymorth am ddim **0808 808 00 00** gynnig cyngor, yn eich iaith, am eich sefyllfa. Gallwch siarad â nyrsys, pobl sy'n cynnig canllawiau ariannol, cynghorwyr hawliau lles a chynghorwyr cymorth gwaith.

Rydym hefyd yn cynnig Grantiau Macmillan i bobl â chanser. Mae'r rhain yn daliadau untro y gellir eu defnyddio ar gyfer pethau fel parcio mewn ysbyty, costau teithio, gofal plant neu filiau gwresogi.

Sut gall Macmillan eich helpu chi

Yn Macmillan, rydym yn gwybod sut y gall diagnosis canser effeithio ar bopeth, ac rydym yma i'ch cefnogi.

Llinell Gymorth Macmillan

Mae gennym ni gyfieithwyr, felly gallwch chi siarad â ni yn eich iaith. Dywedwch wrthym, yn Saesneg, yr iaith rydych am ei defnyddio. Gallwn helpu gyda chwestiynau meddygol, rhoi gwybodaeth i chi am gymorth ariannol, neu fod yno i wrando os oes angen rhywun i siarad â chi. Mae'r llinell ffôn gyfrinachol am ddim ar agor 7 diwrnod yr wythnos, 8am i 8pm Ffoniwch ni ar **0808 808 00 00**.

Sgwrs we

Gallwch anfon neges sgwrs we atom yn dweud yr hoffech gael cyfieithydd. Dywedwch wrthym, yn Saesneg, yr iaith sydd ei hangen arnoch, a byddwn yn trefnu i rywun gysylltu â chi. Cliciwch ar y botwm 'Sgwrsio â ni', sy'n ymddangos ar dudalennau ar draws y wefan. Neu ewch i **macmillan.org.uk/talktous**

Gwefan Macmillan

Mae ein gwefan yn cynnwys llawer o wybodaeth yn Saesneg am ganser. Mae mwy o wybodaeth hefyd mewn ieithoedd eraill ar [macmillan.org.uk/translations](https://www.macmillan.org.uk/translations)

Gallwn hefyd drefnu cyfieithiadau ar eich cyfer chi yn unig. E-bostiwch ni ar: cancerinformationteam@macmillan.org.uk a dywedwch beth rydych ei angen.

Canolfannau gwybodaeth

Mae ein canolfannau gwybodaeth a chymorth wedi eu lleoli mewn ysbytai, llyfrgelloedd a chanolfannau symudol. Ymwelwch ag un i gael y wybodaeth sydd ei hangen arnoch a siaradwch â rhywun wyneb yn wyneb. Cewch hyd i'ch canolfan agosaf ar [macmillan.org.uk/informationcentres](https://www.macmillan.org.uk/informationcentres) neu ffoniwch ni ar **0808 808 00 00**.

Grwpiau cefnogaeth lleol

Mewn grŵp cefnogaeth, gallwch siarad â phobl eraill wedi'u heffeithio gan ganser. Gallwch ddysgu am grwpiau cefnogaeth yn eich ardal ar [macmillan.org.uk/supportgroups](https://www.macmillan.org.uk/supportgroups) neu ffoniwch ni ar **0808 808 00 00**.

Cymuned Ar-lein Macmillan

Gallwch hefyd siarad â phobl eraill sydd wedi'u heffeithio gan ganser ar-lein ar [macmillan.org.uk/community](https://www.macmillan.org.uk/community) Gallwch gael mynediad iddo ar unrhyw adeg o'r dydd neu'r nos. Gallwch rannu'ch profiadau, gofyn cwestiynau, neu ddarllen yr hyn mae pobl wedi eu postio.

Rhestr geiriau

Gair	Yn Saesneg	Sut i'w ddweud yn Saesneg	Ystyr
Brech yr ieir	Chicken pox	Chick-in-pocs	<u>Haint</u> sy'n achosi <u>twymyn</u> , brech ar y croen a chroen coslyd. Mae pobl fel arfer yn cael hyn pan fyddant yn blentyn.
Brechlyn	Vaccine	Vac-seen	Triniaeth sy'n ceisio rhoi amddiffyniad (imiwnedd) i'ch corff rhag <u>haint</u> penodol. Fe'i rhoddir yn aml trwy bigiad.
Brechlyn Covid	Covid vaccine	Co-vid vac-seen	Brechlyn sy'n helpu eich amddiffyn chi rhag covid (coronafeirws).
Brechlyn fflw	Flu vaccine	Flew vac-seen	<u>Brechlyn</u> sy'n eich amddiffyn rhag cael y <u>ffliw</u> .
Celloedd	Cells	Sells	Y blociau adeiladu bach sy'n llunio organau a meinwe ein cyrff.
Celloedd gwaed coch	Red blood cells	Red blud sells	<u>Celloedd</u> yn ein gwaed sy'n cario ocsigen o gwmpas y corff.
Celloedd gwaed gwyn	White blood cells	Why-t blud sells	<u>Celloedd</u> yn ein gwaed sy'n ymladd <u>haint</u> .
Cemotherapi	Chemotherapy	Kee-mow-ther-appy	Triniaeth canser sy'n defnyddio cyffuriau i ladd celloedd canser.
Dolur rhydd	Diarrhoea	Die-ar-reea	Mynd i'r toiled 4 neu fwy o weithiau mewn 24 awr gan basio deunydd rhydd, dyfrllyd.
Ffliw	Flu (influenza)	Flew	Haint yn yr ysgyfaint a'r llwybrau anadlu (y darnau rydyn ni'n anadlu drwyddynt yn ein cyrff). Gall hyn hefyd achosi <u>twymyn</u> a phoenau yn eich corff.

Gwrthfotigau	Antibiotics	Auntie-buy-otix	Meddyginiaethau sy'n trin <u>haint</u> .
Haint	Infection	In-fec-shun	Pan fo bacteria yn mynd i'ch corff ac yn achosi salwch.
Llinell ganolog	Central line	Sent-ral lie n	Tiwb tenau sy'n mynd i mewn i wythïen yn eich brest. Fe'i ddefnyddir i roi <u>cemotherapi</u> . Mae un pen yn aros y tu allan i'r corff.
Llinell PICC	PICC line	Pick lie n	Tiwb tenau sy'n mynd i mewn i wythïen yn eich braich. Fe'i ddefnyddir i roi <u>cemotherapi</u> . Mae un pen yn aros y tu allan i'r corff.
Niwtroffilis	Neutrophils	New troff fills	Math o gell gwaed gwyn sy'n ymladd haint.
Pledren	Bladder	Blad-dur	Yr organ yn eich corff sy'n storio wrin nes i chi fynd i'r toiled.
Sgil effeithiau	Side effects	Sigh d effectz	Effeithiau digroeso triniaeth canser, er enghraifft colli gwallt, teimlo'n sâl neu'n flinedig.
Tîm ysbyty	Hospital team	Hos-pit-al teem	Y tîm o feddygon, nyrsys a gweithwyr proffesiynol eraill sy'n gofalu amdanoch yn yr ysbyty.
Twymyn	Fever	Fee vur	Pan fydd tymheredd eich corff yn poethi mwy na'r arfer i ymladd <u>haint</u> . Gall hyn hefyd wneud i chi chwysu a theimlo'n wan a phenysgafn.

Mwy o wybodaeth yn Gymraeg

Mae gennym wybodaeth yn Gymraeg am y pynciau hyn:

<p>Mathau o ganser</p> <ul style="list-style-type: none">• Canser y fron• Canser y coluddyn mawr• Canser yr ysgyfaint• Canser y brostad <p>Triniaethau</p> <ul style="list-style-type: none">• Cemotherapi• Radiotherapi• Llawfeddygaeth	<p>Byw â chanser</p> <ul style="list-style-type: none">• Canser a'r coronafeirws• Hawlio budd-daliadau pan mae gennych chi ganser• Problemau bwyta a chanser• Diwedd oes• Bwyta'n iach• Help gyda chostau pan fydd gennych chi ganser• Os cewch ddiagnosis o ganser – Canllaw cyflym• Sepsis a chanser• Sgil effeithiau triniaeth canser•
---	---

I weld yr wybodaeth hon, ewch i [macmillan.org.uk/translations](https://www.macmillan.org.uk/translations)

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 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: 2022

Adolygiad arfaethedig nesaf:

Rydym yn gwneud pob ymdrech i sicrhau bod yr wybodaeth a ddarperir gennym yn gywir ac yn gyfredol ond ni ddylid dibynnu arni yn lle cael cyngor proffesiynol arbenigol sy'n benodol ar gyfer eich sefyllfa chi. Cyn belled ag y caniateir gan y gyfraith, nid yw Macmillan yn derbyn atebolrwydd mewn perthynas â defnyddio unrhyw wybodaeth a gynhwysir yn y cyhoeddiad hwn neu wybodaeth trydydd parti neu wefannau sydd wedi'u cynnwys neu y cyfeirir atynt ynddo.

© Cymorth Canser Macmillan 2022, elusen gofrestredig yng Nghymru a Lloegr (261017), Yr Alban (SC039907) ac Ynys Manaw (604). Hefyd yn gweithredu yng Ngogledd Iwerddon. Cwmni cyfyngedig trwy warant, wedi ei gofrestru yng Nghymru a Lloegr rhif cwmni 2400969. Rhif cwmni Ynys Manaw 4694F. Swyddfa gofrestredig 89 Albert Embankment, Llundain, SE1 7UQ.





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 how to say 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.

You can also call Macmillan Cancer Support on freephone **0808 808 00 00**, 7 days a week, 8am to 8pm. We have interpreters, so you can speak to us in your own language. When you call us, please tell us in English which language you need.

There is more cancer information in other languages at **[macmillan.org.uk/translations](https://www.macmillan.org.uk/translations)**

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?
- Getting the right care and support for you
- How Macmillan can help you
- Word list
- More information in your language
- References and thanks

What is sepsis?

Sepsis is sometimes called blood poisoning. It happens when your body reacts to an infection and attacks its own organs and tissues..

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

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. These cells are called neutrophils. 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 neutrophils, a minor infection can become very serious. It could 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 the number of neutrophils in your blood is low. 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 stage of the cancer
- your age
- your general health.

Can I prevent sepsis?

You cannot stop the number of white blood cells 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 are worried.

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. Save the number in your mobile phone. You can also ask family and friends to keep a note of the number. Your hospital team will be either a cancer team or a haematology team, depending on the type of cancer you have.

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.
- Keep a record of the treatment you are having and when you last had it.
- Check for early symptoms of an 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 an infection or a treatment side effect. Do not delay contacting your hospital team. Neither you or your doctor can tell which infections might lead to sepsis. 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 and covid vaccine. Adults you live with should also get these vaccines.
- Buy a thermometer, so you can check your temperature at home.
- 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 family and friends, unless they are unwell. 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:

- Avoid people who are unwell, for example people with coronavirus, chicken pox, shingles, diarrhoea or a fever.
- Call your hospital team's helpline if you have been exposed to people with an infection.
- 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.
- 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.
- Clean any cuts or grazes straight away and cover them with a plaster.
- Clean your teeth at least twice a day.
- Cook food at the correct temperature and store food at the correct temperature.

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.
- 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 passing more stools (poo) than is usual for you or having watery or loose stools. If you have a stoma, it will be more active than usual.

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 empty after peeing
- 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

- feeling short of breath
- having 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 start 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 shortness of breath
- 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. The hospital team are likely to:

- examine you
- take some blood, including a sample to find out the number of white blood cells in your blood
- arrange other tests, depending on the signs and symptoms you have
- decide whether you have too low a number of neutrophils and whether you have an infection or signs of sepsis.
- give you antibiotics by injection or through a drip into your bloodstream (intravenously) within 1 hour of your arrival

Treatment options

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

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.

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.

Getting the right care and support for you

If you have cancer and do not speak English, you may be worried that this will affect your cancer treatment and care. But your healthcare team should offer you care, support and information that meets your needs.

We know that sometimes people may face extra challenges in getting the right support. For example, if you work or have a family it can be hard to find time to go to hospital appointments. You might also have worries about money and transport costs. All of this can be stressful and hard to cope with.

But help is available. Our free support line **0808 808 00 00** can offer advice, in your language, about your situation. You can speak to nurses, financial guides, welfare rights advisers and work support advisers.

We also offer Macmillan Grants to people with cancer. These are one-off payments that can be used for things like hospital parking, travel costs, childcare or heating bills.

How Macmillan can help you

At Macmillan, we know how a cancer diagnosis can affect everything, and we are here to support you.

Macmillan Support Line

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 help with medical questions, give you information about financial support, or be there to listen if you need someone to talk to. The free, confidential phone line is open 7 days a week, 8am to 8pm. Call us on **0808 808 00 00**.

Web chat

You can send us a web chat message saying you would like an interpreter. Tell us, in English, the language you need, and we will arrange for someone to contact you. Click on the 'Chat to us' button, which appears on pages across the website. Or go to **macmillan.org.uk/talktous**

Macmillan website

Our website has lots of information in English about cancer. There is also more information in other languages at **[macmillan.org.uk/translations](https://www.macmillan.org.uk/translations)**

We can also arrange translations just for you. Email us at **cancerinformationteam@macmillan.org.uk** to tell us what you need.

Information centres

Our information and support centres are based in hospitals, libraries and mobile centres. Visit one to get the information you need and speak with someone face to face. Find your nearest centre at **[macmillan.org.uk/informationcentres](https://www.macmillan.org.uk/informationcentres)** or call us on **0808 808 00 00**.

Local support groups

At a support group, you can talk to other people affected by cancer. Find out about support groups in your area at **[macmillan.org.uk/supportgroups](https://www.macmillan.org.uk/supportgroups)** or call us on **0808 808 00 00**.

Macmillan Online Community

You can also talk to other people affected by cancer online at **[macmillan.org.uk/community](https://www.macmillan.org.uk/community)** You can access it at any time of day or night. You can share your experiences, ask questions, or just read through people's posts.

Word list

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.
Covid vaccine	A vaccine that helps protect you from covid (coronavirus).
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 (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.
Neutrophils	A type of white blood cell that fights infection.
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 your language

We have information in your 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>Living with cancer</p> <ul style="list-style-type: none">• Cancer and coronavirus• Claiming benefits when you have cancer• Eating problems and cancer• End of life• Healthy eating• Help with costs when you have cancer• If you're diagnosed with cancer – A quick guide• Sepsis and cancer• Side effects of cancer treatment•
---	--

To see this information, go to [macmillan.org.uk/translations](https://www.macmillan.org.uk/translations)

References and thanks

This information has been written and edited by Macmillan Cancer Support's Cancer Information Development team. It has been translated 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**

MAC18335_Welsh

Content reviewed: 2022

Next planned review: 2025

We make every effort to ensure that the information we provide is accurate and up-to-date but it should not be relied upon as a substitute for specialist professional advice tailored to your situation. So far as is permitted by law, Macmillan does not accept liability in relation to the use of any information contained in this publication or third party information or websites included or referred to in it.

© Macmillan Cancer Support 2022, registered charity in England and Wales (261017), Scotland (SC039907) and the Isle of Man (604). Also operating in Northern Ireland. A company limited by guarantee, registered in England and Wales company number 2400969. Isle of Man company number 4694F. Registered office: 89 Albert Embankment, London SE1 7UQ.



Patient Information Forum