
Oxaliplatin, Nutrition and Cold Sensitivity

What is Oxaliplatin?

Oxaliplatin is a medicine to treat your cancer. One of its side effects is cold sensitivity, which can affect your ability to eat/drink cold foods and beverages.

How can I manage cold sensitivity?

- Choose foods and drinks that are warm or room temperature.
- Consider wearing gloves or oven mitts when reaching into the refrigerator or freezer.
- Wear extra layers in cold weather.
- Some research suggests chewing ice chips during treatment may help lessen and possibly prevent this side effect. Be sure to check with your oncologist before doing this.

How long does cold sensitivity last?

- Unfortunately, this may vary. In general, the longer you're on chemotherapy, the longer may last.
- At first, you may have cold sensitivity for a day or two, but after a few months your cold sensitivity may last several days or even weeks.

What are some high calorie and protein foods that I can tolerate?

Ensure hot chocolate

Ingredients:

- 1 Ensure plus or supplement of choice
- 10-15 small marshmallows
- 1/4 teaspoon cocoa powder (optional)

Directions:

- In a microwave-safe mug, heat Ensure for 1 minute.
- Add marshmallows and cocoa powder as desired.

High calorie cocoa

Ingredients:

- 1 cup of half and half
- 2 tablespoons chocolate syrup
- 2 tablespoons dry milk (whole)

Directions:

- If desired, heat half and half first.
- Mix in chocolate syrup and dry milk until smooth.
- Pour into a mug and top with whipped cream or marshmallows if desired.

Ensure protein powder oatmeal

Ingredients:

- 1 packet instant oatmeal or 1/2 old fashioned oats
- Amount of water listed on package
- 1 scoop Ensure (or other brand) protein powder
- Peanut butter/other nut butter (optional)

Directions:

- Mix oatmeal packet and water in a bowl.
- Microwave for the time listed on the container.
- Mix in protein powder and peanut butter if desired.

High protein coffee

Ingredients:

- Ground or instant coffee
- 1 scoop protein powder and/or dry milk

Directions:

- Make coffee, then mix in protein powder and/or dry milk to flavor.

Protein mug cake

Ingredients:

- 3 tablespoons flour
- 2 tablespoons protein powder
- 2 teaspoons cocoa powder
- 1/4 cup milk
- 1/2 teaspoon baking powder
- 1 tablespoon chocolate chips (optional)

Directions:

- In a microwave-safe mug, mix flour, protein powder, cocoa powder, and baking powder.
- Mix in milk, and chocolate chips if desired.
- Microwave for a minute to a minute and a half.

High protein pudding

Ingredients:

- 1 prepackaged, unrefrigerated pudding cup
- 1 tablespoon protein powder

Directions:

- Open pudding cup, add protein powder.