



PREPARING FOR YOUR CHEMOTHERAPY

DO

Wear comfortable clothes to therapy.

Bring your favorite sweatshirt, sweater or wrap. We have blankets and pillows available as well to keep you warm and comfortable.

Bring a family member or friend. It's nice to have companionship to help the time go by. Space is limited for visitors, so we encourage one person to accompany you during your chemotherapy treatment.

Bring something to pass time -- a computer or tablet, music with headphones, book, knitting, deck of cards, magazines, etc.

Bring a journal or notepad and pen.

We have snacks and drinks for you but if you are going to be with us during lunchtime, you may want to pack a lunch.

Wash your hands frequently to avoid infection.

Drink plenty of fluids.

Eat a regular and balanced diet. Eating small amounts several times a day is often better tolerated than large meals.

Exercise as recommended by your medical team.

Continue your normal activities and things you enjoy doing unless your doctor advises otherwise.

Take advantage of the alternative therapies we offer, such as acupuncture and massage.

Let us know immediately if you are experiencing pain or fever.

DO (Continued)

Get the emotional support your need. Ask about our support groups.

Sign up for CaringBridge. Use the calendar page to coordinate help from family and friends, including rides to appointments, preparing healthy meals, taking care of pets and other needs.

Sign up for our patient portal, My Healing Plan, to learn about your cancer and treatment plan, stay informed and organized, get tips for staying healthy and active, have access to your medical records and lab results, and to communicate with us via email.

Remember you are not alone; we are here to help you. Let us know if you need resources in the community including transportation, financial support, or support groups.

DON'T

Don't be afraid to ask questions. There's no such thing as an unimportant question or too many questions. We want you and your family to be well informed and comfortable with your treatment.

Don't wait to call if you have a concern.

Don't drink alcohol during your treatment regimen.

Don't let your pain get out of control.

Thank you for allowing us to participate in your care.
Please call 1-866-796-5433 with any questions.