

FREQUENTLY ASKED QUESTIONS

Will I be able to drive to and from my appointments?

You are encouraged to have a driver for your first treatment appointment. If you are not able to arrange a driver, you are encouraged to have someone you can contact at the completion of your appointment in the event you are not able to drive home.

After your first appointment, whether or not you can drive depends on the medications you receive, your response to them and your overall health. Please discuss any transportation concerns you may have with our Social Worker prior to your first treatment.

How long will I be there on each day of treatment?

It is best to plan on spending a good portion of your day at the Cancer Center. Your care team can provide you approximate lengths of treatment, but there are many unexpected things/events that may add time to your stay. It is important to remember any time frame you are provided is only an approximation.

The treatment you receive is designed specifically for you and the type of cancer for which you are being treated. Many times, there are additional medications (outside of chemotherapy) that are administered to prevent side effects. Your care team will ensure every effort is made to minimize your treatment time, while providing optimal and safe care.

You will be evaluated and cared for according to your appointment time and not time of arrival to the center. Though many patients prefer to arrive to appointments early, you will be called back for treatment based on your previously agreed upon appointment time.

It is also important to remember that you must have a previously scheduled appointment with a provider to be seen for evaluation that day. Due to the number of patients we treat on a daily basis, we are not able to accommodate walk-in appointments. If you believe you need to be seen for evaluation by a provider, please call to discuss scheduling an appointment.

Can I bring family members with me to my appointments?

We encourage you to bring a support person with you to some of your appointments. We do ask that you limit your guests to 1-2 people. Due to limited space and risk of infection, our infusion suite cannot accommodate greater than 2 guests per patient.

We also encourage you to not bring children to your appointments. For their safety, children under the age of 13 are not allowed in our Infusion Suite. If children are brought to the center, they must be in the company of a supervising adult at all times. If advance notice is provided, your care team can consult with the Child Life Specialist team who can assist in providing activities for the children while you receive treatment.

continued on the next page

Should I take my normal medications prior to arriving for my treatment?

You should take your medications as scheduled unless directed otherwise by your care team. Bring any medications that you would normally take during the day. Please let your care team know about all medications you are taking (or plan on taking). This includes prescription medications, over the counter medications, vitamins, minerals, herbs and supplementations. Please discuss with your nurse if you plan on taking any medications during your treatment appointment. **Bring a list of your current medications (including dose and instructions) with you to each appointment.**

Can I eat before and during my treatment?

Many patients worry about eating the morning of their treatment. We encourage you to eat according to your normal schedule and to not skip meals prior to treatment. Be sure to drink plenty of fluids (non-caffeinated and non-alcoholic) the day before and the day of treatment. Staying well hydrated helps veins be more accessible during IV placement.

You are welcome to bring snacks/meals and beverages (non-alcoholic) to your treatment appointment. A microwave is available for use. The lounge does offer complimentary coffee and tea and also has vending machines for snacks and drinks.

There are also numerous restaurants near our center, and some do offer the option of delivery. Please discuss with your nurse if you would like a list of available options.

Because people who are being treated with chemotherapy are often sensitive to odors, we ask that you do not bring in foods that have strong odors. We discourage foods that contain fish, garlic, onion or significant spices. If you have concerns regarding food during treatment, please discuss with your nurse.

What should I wear to treatment?

We encourage you to dress in layers to account for variations in temperature within the building. Wear loose and comfortable fitting clothing. If you have a port, wear shirts that allow easy access to your port, such as, button or V-neck shirts. If you will have an IV placed while present for treatment, wear shirts that allow easy access to your forearms. Because our infusion area is not carpeted, we ask that you wear shoes with rubber soles to avoid accidental slips and falls.

What must I do if I need any refills on my home medications?

If the medication was prescribed by one of our providers, we will be happy to refill the medication for you (once the provider deems the medication is still necessary). We ask that you provide 2-3 days advance notice for any refill request(s). Refills may be requested during your visit, through a telephone call placed to our center or via MyChart. It is important to keep you care team updated on any pharmacy changes so we can ensure your refill is sent to the appropriate pharmacy.

continued on the next page

Precautions to take at home following chemotherapy

Following treatment with chemotherapy, you will need to take precautions in your home. These precautions will protect you and those around you from coming in contact with chemotherapy byproducts. Chemotherapy may be present in urine, vomit, blood and sexual fluids. Most chemotherapy medications will be out of your body in less than 48 hours. Therefore, it is recommended you follow the following precautions for two days (48 hours) after completion of your chemotherapy.

Body Fluids/Waste:

Small amounts of chemotherapy are present in your body fluids and body waste.

When using the toilet, flush twice with the lid down. Others in the home may use the same toilet as long as you flush all waste down immediately.

Do not have sexual activity for 48 hours after receiving chemotherapy because body fluids may contain byproducts of chemotherapy. It is very important that you or your partner do not get pregnant while receiving treatment with chemotherapy. Use a barrier method (condom) if you plan to have intercourse. Discuss with your care provider if a second form of birth control should be used to avoid pregnancy during treatment. Prior to engaging in sexual activity, it is important to ensure your blood counts are adequate (specifically platelets and white blood cell count). You are encouraged to discuss this with your care team if you have concerns and/or questions.

Laundry:

Should linens or clothing become soiled (during the 48 hours following chemotherapy) due to incontinence, blood, vomit, or sexual fluids, do not wash them with the other household items. Use soap and hot water and wash soiled linens immediately. Items should be run through the washer with soap and hot water twice.

If you cannot wash your linens/clothing right away, double-bag them in plastic garbage bags and keep them separate from other household laundry. After your items have been washed, throw away the plastic bags in your regular trash.

Always wash your hands with soap and water after any contact with chemotherapy or body fluids/waste.