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A DAY IN THE CHEMO CLINIC

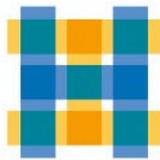


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Objectives

- Introduction
- Blood work
- What happens during my appointment?
- Chemotherapy safety
- General appointment information and reminders



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Anne Tanenbaum Chemotherapy Centre

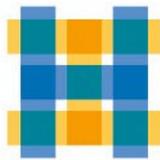
We are located on the 8th floor.

Hours of operation: 8 a.m. to 6 p.m. Monday to Friday

Phone: 416-756-6704

*You must register before each appointment.

Bring your health card (OHIP) to every appointment.



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Blood work

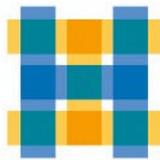
Chemotherapy can affect the health of bone marrow cells.

- Red blood cells give you energy
- White blood cells fight infection
- Platelets prevent bleeding

Your blood work will need to be checked before every treatment.

If your counts are too low, you may need to repeat the blood test.

If your counts are still too low, your chemotherapy treatment may need to be delayed.



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Blood work: How/when

Complete your blood work the same day as chemotherapy before your appointment anytime between 8 and 11:30 a.m.

The Outpatient Lab is located on the 4th floor.

If you have chemotherapy scheduled on a Monday, your blood work needs to be done the previous Friday.

For those receiving 3-5 consecutive days of chemo, blood work is needed only prior to your first day of chemo.



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What happens during my appointment

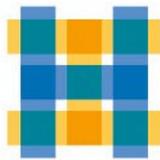
There are several different steps in your chemotherapy appointment:

- Registration
- Nursing assessment
- Ordering chemotherapy
- Drug preparation
- Treatment

Edmonton Symptom Assessment Scale (ESAS)

What is it?

It's a self reporting symptom screening tool used to assist in the assessment of 9 common cancer-related symptoms. It will allow our health care team to better understand your symptoms.



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Edmonton Symptom Assessment Scale

How do I complete my ESAS?

- Prior to registering with the secretary you will need to complete your ESAS form on the kiosk provided.
- In general, each question should be answered on how you are feeling “now” at the time of your appointment.
- Each symptom is rated from 0 to 10 on a numerical scale; with 0 meaning that the symptom is absent and 10 that it is the worst possible severity.
- If you require assistance please let us know.



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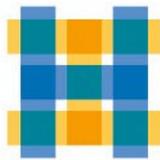
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Registration

Once you have completed your ESAS form you are now ready to register for your appointment.

Registration needs to be done for every appointment.

Bring your health care card for each appointment.



Nursing assessment

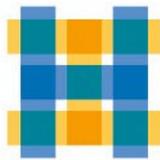
Your height will be measured on the first day of your chemotherapy treatment and your weight will be checked at every visit.

A nurse will assess you on each visit and check your blood work from the previous day.

It is a good idea to keep a diary at home of any concerns to help you remember what you want to discuss with your nurse.

Let your nurse know if:

- You are having any problems or concerns
- You have other health conditions such as diabetes
- You require a referral to the dietitian or social worker
- If you have had a recent emergency visit.



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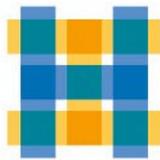
Pre-chemo medication

Your oncologist may have given you a prescription for pre-chemo medication.

Please fill these prescription(s) at a pharmacy and bring them to your chemotherapy appointment.

Do not start taking pre-medications **UNLESS** the instructions say to start taking them the **DAY** before your chemotherapy.

Once your nurse has assessed you he/she will instruct you on how to take your pre-chemo medication.



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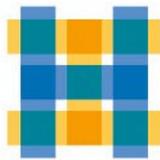
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Ordering and preparing chemotherapy

Most chemotherapy doses are based on your height and weight and are made specifically for you.

Your chemotherapy will not be prepared until the nurse has completed his/her assessment. Only then will your chemotherapy be ordered.

While you are waiting in the chemotherapy clinic, your medications are being prepared for you.



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Getting your treatment

Many of the chemotherapy treatments are given through an intravenous line (IV) inserted by your nurse.

Patients who require to have chemotherapy continuously at home will require a PICC line or Port-A-Cath



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Intravenous Line





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PICC Line





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Port-A-Catheter



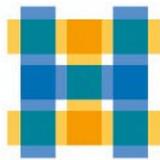
Chemo safety: Protecting you and your family

For the first 48-72 hours AFTER chemotherapy treatment has completed, you will need to take some extra safety precautions.

These include:

- Flushing the toilet twice after use, with the lid down
- Wash soiled linens twice in your washing machine, separately from other laundry
- Practice safe sex: precautions should be used.

****You will not expose your loved ones to chemotherapy by hugging, kissing or touching them.****



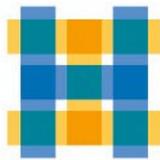
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Chemo safety: Protecting you . . . continued

Unfortunately, family and friends are not permitted to eat or drink in the clinic for their safety.

Patients are welcome to eat and drink in the clinic.



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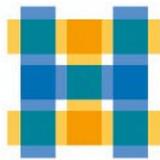
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Appointments

Delays in the clinic are common because of unforeseen health issues.

Please keep in mind:

- Arriving early does not mean you will be seen early.
- If you arrive late there is a chance of losing your appointment for that day. Please call if you are going to be late.
- Please speak to a secretary if you have been waiting for more than 30 minutes and have not been seen.
- **Remember:** pick-up your next appointment card before leaving the clinic. The day and time may change from one appointment to the next.

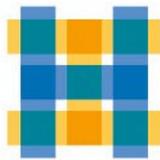


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What should I bring with me?

- Your health card is required at every visit.
- Food. You may wish to bring snacks and/or lunch.
- A cell phone, laptop computer or tablet. There is free Wi-Fi.
- Diversions: knitting, crossword puzzles, books etc.
- A friend or family member. Please bring only 1 person with you. We do not recommend bringing children under 12 years of age.
- Bring a list (or vials) of all current medications, vitamins and supplements to your first chemotherapy appointment if you have not seen our Drug Access Facilitator (Alan).



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Reminders

- Arrive on time for your appointment.
- Bring your health card to every appointment.
- Continue to take your prescription medications normally.
- Eat breakfast and/or lunch.
- We are a scent free hospital (no perfumes, colognes or scented beauty products).
- Discount parking cards are available at the parking kiosks.

Symptom Management Resources

Cancer Care Ontario: www.cancercare.on.ca

Ten patient guides to help you and your loved ones manage your symptoms.

The guides are filled with easy to understand, practical tips for what you should do and when to get help from your health care team.

The information in the guides is not medical advice. Please discuss your side effects and symptoms with your health care team.



How to manage your cancer symptoms

Our new easy-to-read guides have information that helps cancer patients and their caregivers better manage symptoms.

[Learn more](#)



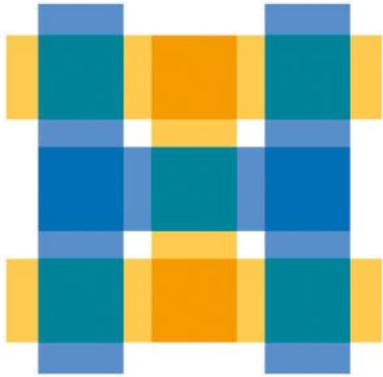
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How can we help?

Your oncology nurse is here to help you understand your treatment and disease, and to support you and your loved ones along the way.

Please let us know how we can make your journey easier.



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QUESTIONS

Contact information