

## How long is my appointment?

Every patient's visit time is different because different medications are used to treat different types of cancer.

Your nurse will explain how long your treatment will be at your first visit.

## Can I bring my cell phone or other devices?

Yes. Please set your phone to vibrate and use headphones for entertainment devices to be respectful to others.

Wi-Fi Network Name: **Healthspot** (and agree to terms).

## Can I book other appointments on the day of my treatment?

We do not recommend booking other appointments on your treatment days.

If you are having trouble arranging your schedule, call the switchboard (587-231-3100) and speak with the appropriate team.

## When will I know my appointment time?

You may not get your treatment time until **5:00pm the day before**. Please be patient. We will call you with your treatment time.

## What can I do to make my treatment easier?

To make it easier to start your IV:

- Stay hydrated. Drink plenty of water the day before your treatment.
- Avoid food or drinks with caffeine for 24 hours before your treatment.

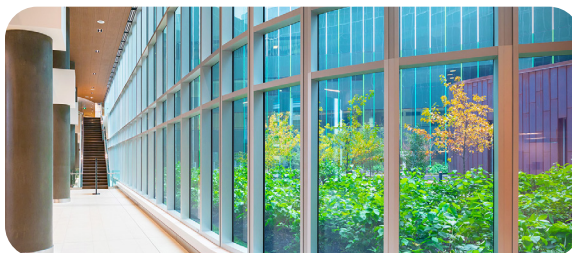
If you need prescription refills or have specific questions for your doctor, ask for these during your visit with your doctor.

Remember to:

- take or bring your pre-medications
- bring your education booklets.

## Is there anything I need to have at home?

- ☒ Diphenhydramine (Benadryl®) or another allergy medication. Take this as directed if you have an allergic reaction to the treatment.
- ☒ A digital thermometer to accurately monitor your temperature.
- ☒ Your Symptom Record



## How do I contact Telephone Triage?

### What is telephone triage?

A phone line to call for concerns about symptoms.

### What happens when I call?

Our goal is to answer your concern in a timely manner. A nurse will call you back in order of urgency of calls. We try to return all non-urgent calls within 24 hours on business days.

### What if I need to ask my nurse or doctor a question?

If your concern cannot wait until your next appointment, call the telephone triage switchboard (587-231-3100).

### Emergency

If you have an urgent concern, go to the nearest Emergency Department or call 911.



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Information for  
patients & families

# Your Systemic Treatment Appointment

Chemotherapy, Checkpoint Inhibitor and Targeted Therapy



Arthur J.E. Child  
Comprehensive Cancer Centre

Calgary, Alberta

Treatment – Systemic





## Locations

Systemic Therapy is located on Floor 6.  
Some of your treatment may also be in:

- Blood and Marrow Transplant (BMT) Treatment — on Floor 7
- Day Medicine — on Floor 5
- Radiation Therapy Day Room — on Floor 3

## Where do I check in?

Go to the area listed on your appointment letter.

Have your photo ID and health care card ready to show the clerk.

## When should I arrive for my appointment?

Arrive at your scheduled time. Your clinic nurse or clerk will tell you if you need to arrive early.

## What happens when I arrive?

The clerk will notify your nurse. You will get a wrist band that has your identification information on it.

## What if my appointment does not start on time?

There might be delays. Tell your clerk if you have not started 30 minutes after your appointment time.

## Can I leave the treatment area during my treatment?

For your safety, you must stay in the treatment area during your treatment. There are washrooms for you to use in the treatment area.

If you use tobacco products, bring something like a nicotine patch or gum if you need it.

## Do I need to bring any medications?

Yes. Bring medications to every appointment for:

- pre-treatment (“pre-medications”)
- nausea
- pain
- your regular medications



Have your prescriptions for pre-treatment, nausea, and pain medications filled at your local pharmacy **before** your appointment.

Take medications as directed before your treatment appointment.

Your nurse will review when you need to take your medications and how often.

## What else do I need to bring with me?

Bring your:

- ☒ “Keeping Track of Your Symptoms” (symptom record)

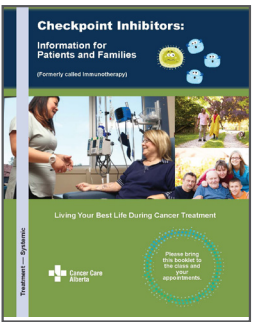
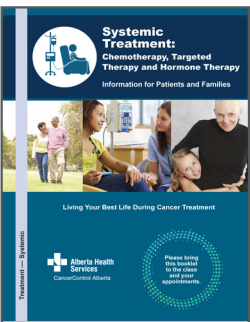
Use your Systemic Treatment booklet to get more information on side effects, and how to manage them. Page numbers are listed inside the side effects.

If your symptom has a star (\*) beside the number, call: or go to an emergency room (ER)

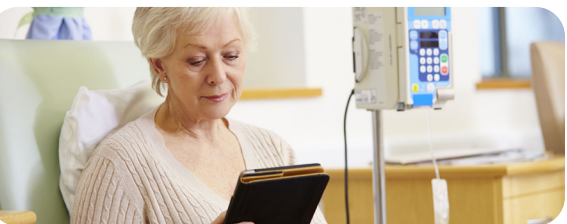
Keeping Track of Your Symptoms on Chemotherapy and Targeted Therapy

Symptom	Symptom Rating	Date of Cycle
Shortness of breath (page 31)	0 My breathing is normal for me 1 Shortness of breath with moderate activity (stairs) 2 Shortness of breath with light activity 3 Shortness of breath when I sit or lie down 4 I cannot breathe well (go to ER)	
Diarrhea (page 31)	0 No diarrhea 1 Diarrhea 2 to 3 more times a day than I usually do during the night 2 Diarrhea 4 to 5 more times a day or I have stools during the night 3 Diarrhea 7 or more times a day 4 Diarrhea 10 or more times a day (go to ER)	
Constipation (page 32)	0 Not constipated 1 No bowel movements in 2 days 2 No bowel movements in 3 days 3 No bowel movements in 4 days (go to ER)	
Diet (page 33)	0 Can eat and drink like I normally do 1 Can eat and drink normal food, but less than usual 2 Can eat but am drinking half or less than usual 3 Cannot eat or drink (go to ER)	
Nerve Changes (Peripheral Neuropathy) (page 36)	0 No sensation changes 1 Numbness or tingling in my hands or feet 2 Pain in my hands or feet or pain or weakness all over 3 Difficulty doing up buttons, picking up coins, or holding the shape of small objects when they're in my hand or difficulty walking	
Sensitivity to cold (page 37)	0 Yes 1 No 2 If yes, date it started	
Coping (page 38)	0 1 2 3 4 5 6 7 8 9 10 No difficulty difficulty coping	
Pain level (page 38)	0 1 2 3 4 5 6 7 8 9 10 No pain worst pain	
Anxiety (page 42)	0 1 2 3 4 5 6 7 8 9 10 No anxiety worst anxiety	

- ☒ “Systemic Treatment: Chemotherapy, Targeted Therapy and Hormone Therapy” or “Checkpoint Inhibitor: Information for Patients and Families” (Book)



- ☒ Something to read or do.



## How many people can I bring to my appointment?

Friends and family are important and it's a good idea to bring someone with you. You can have 1 visitor with you in the treatment area at a time.

## Can I bring children?

We do not recommend bringing children under the age of 16 for safety reasons.

If you have trouble arranging childcare, a social worker can help you explore available resources.

## Should I eat before my appointment?

Yes, eat before your appointment. If your treatment is expected to last longer than 2 hours, you may want to bring a snack or meal.

## Is there food available at the cancer centre?

Yes, there is a small kitchenette with juice, cookies, crackers, a water and ice machine, and a microwave.

You can buy food at the food court (main Floor) or coffee shops (Floor 2 and 5).

