

### How long will my appointment be?

Many different medications are used to treat many different types of cancers. Because of this, each patient's visit time is different.

Your nurse will explain the time frame of your treatment on your first visit.

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

Yes, you may bring your cell phone or other devices. Please be respectful and:

- Put your phone on vibrate
- Bring earphones for entertainment devices

**Wi-Fi Network Name:** healthspot  
(Read the policy and accept as directed)



It's a good idea to bring something to read or do while you wait for your appointment.

### Can I schedule other appointments on my treatment day?

It is okay to schedule appointments related to your treatment with health professionals at the CACC, but avoid making other types of appointments.

If you are having trouble arranging your schedule, please let your nurse know before your appointment.

### Can I change my appointment time?

There are many treatments given each day and the length of each treatment varies — some take only 15 minutes, while others can take all day. This can make scheduling complicated, and we may not be able to make changes.

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

To make it easier for your nurse to start your IV:

- Drink lots of water the day before your treatment.
- Avoid drinks with caffeine for 24 hours before your treatment.

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

- Diphenhydramine (Benadryl®). Take this as directed if you have an allergic reaction to the treatment.
- A digital thermometer to accurately monitor your temperature.
- If you need prescription refills or have specific questions for your doctor, please try and ask for these during your visit with your doctor.

## Telephone Triage

### What is telephone triage?

It is a phone line you can call when you have concerns about symptoms. It is for all patients to use.

**403-343-4526**

### What happens when I call?

A clerk will answer your call and ask you some questions. Your answers will help to manage your concerns. Our goal is to answer your concerns in a timely manner.

We are here to help you.  
Call us if you have any questions or concerns.  
Central Alberta Cancer Centre  
Phone 403-343-4526



# Your Systemic Appointment

## Chemotherapy, Checkpoint Inhibitor and Targeted Therapy



Treatment — Systemic

Central Alberta  
Cancer Centre  
Red Deer, Alberta



## What are the hours?

Systemic Treatment Area:

Monday to Friday 8 am - 4:15 pm

Phones are answered from 8 am - 4 pm

## Where is the Systemic Treatment Area?

The Systemic Treatment Area is on the main floor of the Central Alberta Cancer Centre (CACC).

## Where do I check in?

Check in at the reception desk on the main floor of the Central Alberta Cancer Centre. Please have your photo ID and Alberta Health Care card ready to show the clerk at each appointment.

## When should I arrive for my appointment?

Please come to the Systemic Treatment Area at your scheduled appointment time. Your clinic nurse or clerk will tell you if you need to arrive early.

## What happens when I arrive?

The clerk will tell your nurse that you have arrived. For your safety, the nurse will ask you for your name and date of birth.

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

If there is a delay, please be patient. If you have not started 30 minutes after your scheduled appointment, please tell the unit clerk.

## Will I get a bed or a chair?

Each nurse has an assigned spot for their patients. You may be treated in a bed or a chair. Your nurse will work with you to decide the best place for you to receive your treatment.

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

For your safety, you must stay in the treatment area while you're getting your treatment. There are washrooms you can use in the treatment area.

## Do I need to bring any medications?

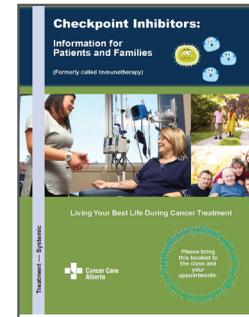
- Go to your local pharmacy and get your anti-nausea prescription filled.
- Take your medications as directed before your treatment appointment.
- Bring these medications with you to every treatment appointment. Your nurse will review when you need to take them and how often.
- Also, please bring your pain medication.

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

Bring your:

- “Systemic Treatment: Chemotherapy, Targeted Therapy and Hormone Therapy” **or** the “Checkpoint Inhibitors: Information for Patients and Families” (Books)
- “Keeping Track of Your Symptoms” (symptom record)

Your nurse will review the side effects with you.



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

Friends and family are important but we have limited space.

You may bring 2 people to your appointment but only 1 of your visitors may stay with you in the treatment area at a time — this is for the safety of all patients, visitors and staff.

## Can I bring children?

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

If you are having difficulty arranging for childcare, call your cancer centre and ask to speak with a resource social worker to see what resources are available in your community.

## Should I eat before my appointment?

Yes, please eat before coming to your appointment. Snacks (tea/coffee) are provided during the day, and at lunch, a soup and sandwich is provided to the patient only.

If you have specific dietary concerns, please bring snacks and/or meals if your treatment is expected to be longer than 2 hours.

## Is there food available at CACC?

A volunteer is available throughout the day with free coffee, tea, juice and cookies. Water and ice are available in the fridge. A soup and sandwich are provided to patients during lunch by the Volunteer's Association.

You can buy hot or cold meals in the Red Deer Regional Hospital Garden Court Cafe or Cafe VA.