

Is there food available at the Cross Cancer Institute?

A cart from volunteer services comes to all areas 5 times a day. They offer free coffee, tea, juice and cookies. They also offer soups and sandwiches for a small fee.

You can get hot or cold meals in the cafeteria and snack bar for a fee. You may also use the microwaves in the cafeteria.



The cafeteria and snack bar **are closed** on holidays and weekends

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



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's not a good idea to schedule other appointments on your treatment days.

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

When will I know my appointment time?

You might not get your appointment until the day before. Please be patient, we will contact you later in the day.

What can I do to make my treatment easier?

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

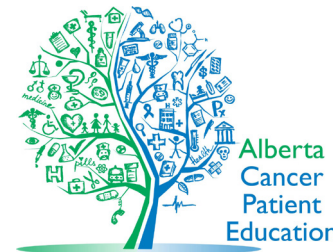
- Drink lots of water the day before your treatment.

Is there anything I need to have at home?

- Diphenhydramine (Benadryl®). Take this as directed if you have an allergic reaction to the treatment.
- An electronic 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.

We are here to help you. Call us if you have any questions or concerns.

Cross Cancer Institute
Phone 780-432-8771



Your Systemic Treatment Appointment

Chemotherapy, Immunotherapy and Targeted Therapy



Cross Cancer Institute

Edmonton, Alberta



CancerControl Alberta

Treatment — Systemic

What are the hours?

We are open:

Monday to Friday 8:15 am - 5:15 pm

Saturday 8:15 am - 4:15 pm

Where is Day Chemotherapy Unit located?

The Day Chemotherapy Unit has 3 areas. Your appointment will be in one of these areas:

1. The **Day Unit** — on the main floor across from Area F (DCU-Day Unit)
2. The **Chemo room** — on the main floor after Area E (DCU-Chemo Room)
3. **4th floor** — on level 4 (DCU-4th floor). Take the elevator from the lobby up to floor 4

Where do I check in?

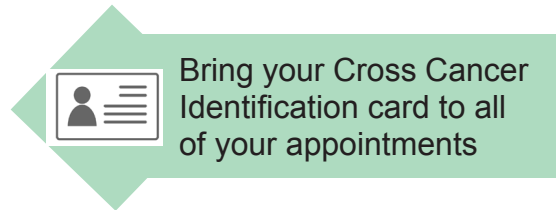
Check in at the main reception desk at the front of the building. They will give you a green appointment slip and direct you to your Daycare area.

When should I arrive for my appointment?

Please come to the Daycare area at your scheduled appointment time.

What happens when I arrive?

- Hand in the green sheet to the unit clerk at the desk.
- The clerk will tell your nurse that you have arrived.
- For your safety, the nurse will ask you for your Cross Cancer Identification card.



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.

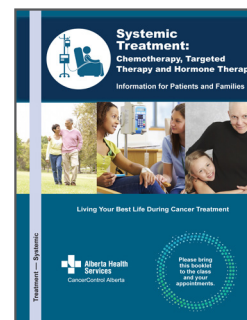
- Take your medications as directed before your treatment appointment.
- Bring these medications with you to every treatment appointment. Your nurse will review when you need to take them and how often.
- Also, please bring your pain medication.

What else do I need to bring with me?

Bring your:

- “Systemic Treatment: Chemotherapy, Targeted Therapy and Hormone Therapy” **or** “Immunotherapy: 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 children come with me?

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. We suggest you bring snacks or meals with you if your treatment is expected to be longer than 2 hours.