

### 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.

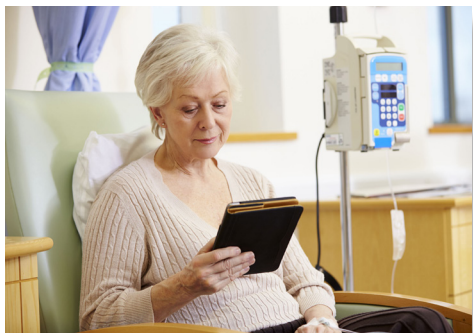
### Can I bring my cell phone or other devices?

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

- Put your phone on vibrate
- Do not have conversations on your phone in the waiting or treatment areas
- Bring earphones for entertainment devices
- Network: Healthspot (no password needed)



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 can usually expect to have your next appointments before you leave the treatment area. If we do not have them booked, we will call you with your treatment time.

### 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.
- The nurse will give you a warm blanket when you arrive. Put this on your arm while you wait for 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. Please let us know if you have any questions or concerns.

**Grande Prairie Cancer Centre**

825-412-4200



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# Your Systemic Treatment Appointment

## Chemotherapy, Checkpoint Inhibitor and Targeted Therapy



Treatment — Systemic

**Grande Prairie Cancer Centre**

Grande Prairie, Alberta



## What are the hours?

Systemic Treatment Unit:  
Monday to Friday 8:00 am - 4:15 pm

## Where is the treatment area?

Systemic treatment is given in the Grande Prairie Cancer Centre. Go to the north side of the Grande Prairie Regional Hospital.

## Where do I check in?

Register with reception and please have your Alberta Health Care and photo identification cards ready to show the clerk at each appointment.

## When should I arrive for my appointment?

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

Make sure you give yourself enough time to find parking.

## 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 15 minutes after your scheduled appointment time, please tell the unit clerk.

## 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.

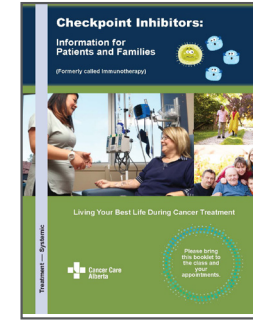
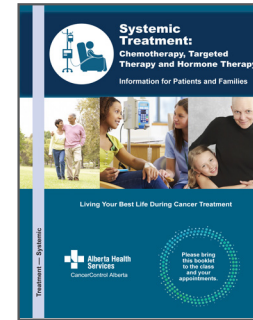
## Do I need to bring any medications?

- ✓ 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 “Checkpoint Inhibitor: Information for Patients and Families” (Books) Your nurse will review the side effects with you.



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

Symptom	Symptom Rating	Date of Cycle
Shortness of breath (page 15)	0 My breathing is normal for me	
	1 Shortness of breath with moderate activity (stairs)	
	2 Shortness of breath with little activity	
Diarrhea (page 15)	0 No diarrhea	
	1 Diarrhea 2 to 3 more times a day than I usually do during the night	
	2 Diarrhea 4 to 6 more times a day	
	3 Diarrhea 7 to 9 more times a day	
Constipation (page 15)	0 No constipation	
	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 15)	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 Numbness) (page 15)	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	
Sensitivity to cold (page 15)	0 No difficulty coping	
	1 Difficulty coping	
Coping (page 15)	0 1 2 3 4 5 6 7 8 9 10	
	1 2 3 4 5 6 7 8 9 10	

- ✓ If you smoke, bring an alternative to smoking like a nicotine patch or gum if you need. You will need to stay in the treatment area for the entire length of your treatment.

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

Friends and family are important but we have limited space. You may bring 1 person to your clinic appointment.

You cannot have a visitor stay with you in the treatment area — 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 please 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.

## Is there food available at the Grande Prairie Cancer Centre?

Coffee and cookies are available in the Systemic Therapy area. We encourage you to bring your own drinks and snacks. There is also a cafeteria in the main part of the hospital.