

### 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.



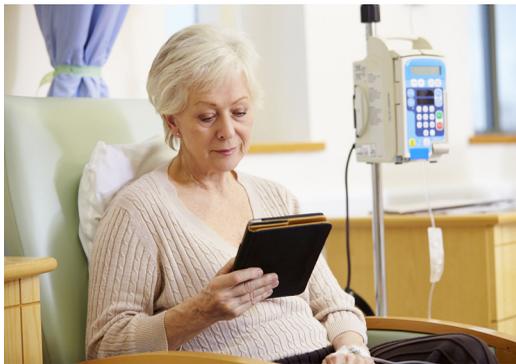
It's a good idea to bring something to read or do while you wait for your appointment.

### 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)



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

It's not a good idea to schedule other appointments on your first visit.

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.

We are here to help you. Please let us know if you have any questions or concerns.

**Jack Ady Cancer Centre  
(JACC)**

Phone: 403-388-6800



Treatment | Systemic | YourAppointment | JACC | 2021 | CPE-P0053  
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# Your Systemic Treatment Appointment

## Chemotherapy, Checkpoint Inhibitor and Targeted Therapy



**Jack Ady  
Cancer Centre**  
Lethbridge, Alberta



Treatment — Systemic

## What are the hours?

Systemic Treatment Unit:  
Monday to Friday 8:30 am - 4:15 pm

## Where is the Daycare Unit?

The Daycare Unit is on the main floor of the Chinook Regional Hospital in the Jack Ady Cancer Centre.

## Where do I check in?

Check in at the reception desk on the main floor of the Jack Ady 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 Daycare 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 time, please tell the unit clerk.

## Do I need to bring any medications?

- Go to your local pharmacy to get your anti-nausea and pain prescriptions filled. Bring these medications with you to every treatment appointment.
- Take your medications as directed by your nurse or doctor before your treatment appointment.
- Your nurse will review when you need to take them and how often.



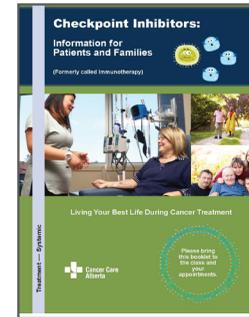
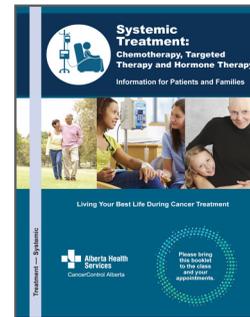
Please bring an updated medication list to every appointment.

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

Bring your:

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

Your nurse will review the side effects with you.



- 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.

## Will I get a bed or a chair?

Each nurse has an assigned spot for their patients. So, you may be treated in a bed or a chair. Special accommodations may be made if needed.

## 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.

## 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 appointment — this is for the safety of all patients, visitors and staff.

## 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 Jack Ady Cancer Centre?

A volunteer is available throughout the day with free coffee, tea, juice and cookies. Water and ice are available in the fridge.

You can buy hot or cold meals in the Chinook Regional Hospital cafeteria.