

## 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

## 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.

## When will I know my appointment time?

We will give you a schedule of upcoming appointments and bloodwork after each treatment. Remember to take this home with you.

## 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.
- 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.

## 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.

**403-529-8817**

**If you have an emergency, go to the emergency department or call 911.**

### What happens when I call?

A clerk will answer your call and ask you some questions. The clerk will then transfer your call to a nurse. You may get a nurse right away, or you may need to leave a voicemail. Either way, our goal is to answer your concerns in a timely manner.

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

Margery E. Yuill Cancer Centre  
(MEYCC)

Phone: 403-529-8817  
Fax: 403-529-8007



# Your Systemic Treatment Appointment

## Chemotherapy, Checkpoint Inhibitor and Targeted Therapy



Treatment — Systemic

Margery E. Yuill  
Cancer Centre  
Medicine Hat, Alberta



### What are the hours?

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

### Where is the unit located?

The Systemic Treatment unit is in the Margery E. Yuill Cancer Centre (MEYCC).

You can find it in the new Ambulatory Wing of the Medicine Hat Regional Hospital (MHRH), level 2. Use the entrance to the Ambulatory Care Building.

### Where do I check in?

Check in at the reception area at the entrance of MEYCC. Please have your photo ID and health care card ready to show the clerk at each appointment. You will be given an ID bracelet to wear.



Bring your Alberta Health Care card and a second piece of Government-issued ID to all your appointments.

### When should I arrive for my appointment?

Please come 15 minutes before your scheduled appointment time.

### What happens when I arrive?

The clerk will tell your nurse that you have arrived. For your safety, the nurse will ask to see your ID band and photo ID.

### 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.

### What if I am late for my appointment?

If you are over 15 minutes late for your appointment, your appointment may be delayed, or we may need to reschedule for another day.

### 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?

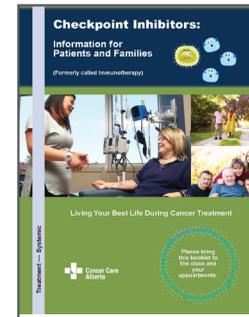
- Go to your local pharmacy to get your anti-nausea and pain prescriptions filled. Bring these medications with you to every treatment appointment.
- Take your medications as directed by your nurse or doctor before your treatment appointment.
- Your nurse will review when you need to take them and how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

### 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)
- “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.

### 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.

### Can I bring children 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 Margery E. Yuill Cancer Centre?

There is a small kitchenette that provides juice, biscuits, coffee and tea. There is also a water machine and a microwave. A cart from volunteer services comes to all areas several times a day offering free coffee, tea, juice and cookies.

If you are here for an extended period of time over the lunch hour, we will provide you with lunch. Otherwise, you may buy snacks and meals from the cafeteria, or bring some from home.