

What To Bring to Your Treatment: Checklist

Please ensure the following items are prepared in advance and/or brought with you to your treatment at the Hudson Regional Cancer Program (HRCP).

A. PRIOR TO YOUR APPOINTMENT

- Pick up** pre- and post-chemotherapy medication in advance of your appointment (if applicable).
- Write** down any questions you have for your care team and share them with us.
- Take** all medications you have been instructed to take before your chemotherapy (including anti-nausea medications or medications to prevent reactions to therapy). You will be provided with a calendar or schedule to help you to remember what to take at home and when. **Ask** your care team for more information if you are unsure.
- Wear** comfortable, loose-fitting clothing (especially if you have a PICC, Port or other type of IV access).
- Arrive** 15 minutes prior to your appointment time to allow for symptoms screening and registration.
- It is highly recommended that you bring a **support person** (e.g., friend, caregiver, etc.), especially for your initial visit to listen and take notes for you.
- One visitor** per patient is permitted in the systemic therapy suite.

B. WHAT TO BRING

- Bring** your Health Card.
- Bring** any medication (e.g., pain medication) you might need during your visit.
- Bring** any extra information about your cancer and/or treatment. We can help answer your questions about this information during your visit.
- Pack** a lunch or snack, water/fluids, your wallet/debit/credit card. Snacks and beverages can also be purchased at Cafe Royale, or the RVH Food Court.

- *Only patients can eat and drink inside the Chemotherapy unit. Visitors must eat and drink outside of the unit for safety reasons.*

- Bring** a list (or bag) of any medications (prescriptions/over the counter), vitamins, minerals, and herbal supplements you are taking to every appointment so we can update your file and keep you safe by avoiding interactions with your cancer treatments.
- Bring** any items you would like to have for entertainment (e.g., book, tablet, etc.).
- Remember** to bring headphones if you plan to use your tablet or phone speakers. Phones or tablets must be used with headphones out of courtesy for other patients and to ensure nurses are able to hear their patients, pumps, and other alarms.
- Bring** a pen and paper to take notes.

C. REMINDERS

- Do not wear **scented** products or perfumes.
 - *As outlined within the [Patient Information guide, Staying at RVH](#).*
- Visitors** must be 16 years of age or older for safety reasons.
 - *Please see [COVID-19 restrictions and visitor policy](#) for more details.*
- RVH has a **zero-tolerance** policy for abuse of any kind.
 - *As outlined in [RVH's Patient Safety Plan](#).*
- You may not be able to drive after certain treatments. Your care team will let you know if this is needed. It may be helpful to have someone to drive you to and from treatment even if it is not required.

Updated on: November 29th, 2024