

Your Chemo-Day Checklist

A little preparation can make your treatment more pleasant.

Breeze through check-in (on your first day)

- Insurance and hospital registration cards
- Names and addresses of your referring physician and primary care doctor
- List of your medications and your pharmacy phone number

Keep comfy

- Shawl or sweater
- Pillow and cozy blanket
- Warm socks
- Cuddly clothing
- _____
- _____

Make time fly

- Book or magazines
- Portable CD/DVD player
- MP3 player (charged)
- Handheld game
- Knitting, sewing or other craft project
- Stationery
- Laptop
- Headphones
- Journal or diary

Curb thirst, hunger and side effects

- Bag lunch and/or snacks
- Water or a fizzy drink to help curb nausea
- Lip balm and hand cream
- Gum, breath mints or hard candy to freshen your mouth

Chemo etiquette

- **Don't share your prognosis.**
And don't ask others about theirs. Be sensitive to the fact that others in the infusion suite may be at different phases of treatment and this kind of discussion could be unsettling.
- **Read others' body language.**
Infusion rooms can be lively places, where people chat, share tips and bond. But not everyone may be feeling talkative. If someone is immersed in a book or wearing headphones, they may prefer to enjoy quiet time. *Tip: If you want quiet time, wear headphones—even if you have nothing playing!*

