



Chemo Organizer: Before, During & After

When you're on chemo, staying on schedule is key to getting the best results. Use this checklist to help make it easier.

BEFORE YOU START

- ❑ Arrange a ride to and from your sessions.
- ❑ Enlist others to help with chores.
- ❑ If you plan to buy a wig, do it now.
- ❑ Get dental care and health screenings.
- ❑ Take any medications your doctor prescribed.
- ❑ Start walking, with your doctor's guidance.
- ❑ Ask how you can improve your diet.
- ❑ Find out what your insurance company will cover.
- ❑ Consider a port for easier transfusions.
- ❑ Ask your care team about side effects you can expect.

BEFORE EACH SESSION

- ❑ Ask about a numbing cream if you have a port.
- ❑ Drink water, about 10 8-oz. glasses the day before.
- ❑ Pack the items you'll need.

DURING YOUR SESSION

- ❑ Ask your oncologist any questions you may have.
- ❑ Let your chemo nurse know if you feel pain or burning.
- ❑ Visualize your chemo working.

BEFORE YOU LEAVE

- ❑ Confirm your next appointment—make a note of it.

Infection ALERT!

Contact your doctor ASAP if you develop any of these signs:

- fever above 100.5° orally, sudden chills, sore throat
- cough or shortness of breath
- nasal congestion
- pain or burning when you urinate
- diarrhea or uncontrolled vomiting
- new onset of pain
- pain and redness at the site of an injury or an IV site
- abnormal bleeding or bruising

You may need a drug to boost your white blood cells.

BETWEEN APPOINTMENTS

- ❑ Check your mouth daily for mouth sores.
- ❑ Exercise when you are able and eat well.
- ❑ Sleep 8 hours each night; nap when you need to.