

# *your* **TREATMENT TOOLBOX**

## Prepare for chemotherapy

Today's chemo is more effective—and more livable—than ever. You may discover that the side effects you experience are milder than you anticipated. With a little preparation, you can make your treatment more pleasant.

### Before you go

- Arrange for a ride to and from your session
- Schedule any other health screenings you may need (like your dental checkup)
- Find out if you'll need paperwork or test results sent to you to take to your first session, or sent to the chemo site in advance
- Drink plenty of water the day before

### Breeze through check-in (on your first day) by taking

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

### Make yourself more comfy with

- A sweatshirt or sweater
- A pillow and blanket
- Warm socks or slippers
- Lotion for your hands and feet (which can get especially dry during treatment)
- A favorite knit cap or baseball hat

### Make time fly with

- A book, newspaper or magazines
- A portable CD/DVD player
- An MP3 player (charged)
- A handheld game
- A laptop
- A pair of headphones
- A crossword or Sudoku puzzle book

### Curb thirst, hunger and side effects with

- A bag lunch and/or snacks—it's especially important to have a small snack or glass of milk if you're being given a steroid with your chemo
- Water or a fizzy drink to help curb nausea
- Gum, breath mints or hard candy to freshen your mouth

