



This pamphlet will help you get to know key things about your Cancer Centre. It is meant to be used with the **Newly Diagnosed with Cancer** book. Please bring the book with you to your appointment if you have one. If not, we will give you one at your first appointment.

You can access the book online at [www.cancercontrolalberta.ca](http://www.cancercontrolalberta.ca) > Just Diagnosed.

## Where do I park?



### Parking Lots

Free, public parking is available in the lot in front of the hospital. There is also street parking along 9th avenue and 6th street SW.

Wheelchair accessible parking is available in front of the hospital.

## Drop Off and Pick Up

There is a drop off and pick up area at the front entrance.

## What do I need to bring with me?

Find a checklist of items to bring in the **orange section** of the **Newly Diagnosed with Cancer** book.



## Checking in for your first appointment



Enter the main doors of the hospital, turn left and walk into the Cancer Centre. Check in at the cancer centre main reception.

When you check in, we will give you a copy of the **Newly Diagnosed with Cancer** book, if you don't already have one.

## Places to stay



Please ask your High River cancer care team for more information if you need accommodation.

## Can I bring electronics?



Yes, you may bring your cell phone, laptop, tablet or other devices. Please be respectful and:

- Put your phone on vibrate
- Bring earphones for entertainment devices
- Network: Healthspot (no password required)
- TV's are located in our treatment area



It's a good idea to bring something to read or do while you wait for your appointments.

## Where can I get my prescriptions filled?



Your cancer treatment medications come from the Tom Baker Cancer Centre in Calgary. Support medication prescriptions (like anti-nausea medications) can be filled at your regular community retail pharmacy. Fill these before your appointment (unless you have been given other instructions by your health care team).

## Connecting with programs and services virtually (Telehealth)



It may be possible to virtually join education sessions or connect with health care providers at other cancer centres. Ask your cancer patient navigator or other cancer care team member if this service is available. It is set up by appointment only.

## Where can I get my bloodwork drawn?



Please have bloodwork drawn 1-2 days prior to your visit with your cancer doctor.

You can have your lab work drawn at a location most convenient for you. To book an appointment, [www.calgarylabservices.com](http://www.calgarylabservices.com) or call 403-770-5136 (let them know you are a cancer patient).



There is a lab located in the High River Hospital. For people with special considerations, sometimes blood work is drawn in the cancer centre.

Mon–Fri 8:00 am–5:00 pm	Main Floor	403-652-0136
Saturday 8:00 am–4:00 pm		

## Where can I eat?



### Cafeteria (in High River Hospital)

\$	Debit, credit and cash
	Mon–Fri 8:30 am–6:00 pm daily Hot meals: 11:00 am–1:00 pm
	Main Floor

- A vending machine is available on the 1st floor in the main lobby.
- A light lunch is provided for patients receiving treatment during lunch time.
- Coffee, tea and water are available in the cancer centre kitchenette.