

Is there food available at the Cross Cancer Institute?

A cart from volunteer services comes to all units 2 times a day to offer soups and sandwiches for a small fee.

You can also get hot or cold meals in the cafeteria and snack bar for a fee.



The cafeteria and snack bar **are closed** on holidays and weekends.

How long will my appointment be?

Many different medications are used to treat many different types of cancers. Because of this, each patient's visit time is different.

Your nurse will explain the time frame of your treatment on your first visit.

Can I bring my cell phone or other devices?

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

- Put your phone on vibrate
- Bring earphones for entertainment devices



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



Can I schedule other appointments on my treatment day?

We do not recommend scheduling other appointments on your treatment days.

If you are having trouble arranging your schedule, please let your nurse know before your appointment.

When will I know my appointment time?

We will try to give you as much notice as possible for each appointment time.

Sometimes you might not get your appointment until the day before. If this happens, please be patient. We will contact you later that day.

Is there anything I need to have at home?

- A digital thermometer to accurately monitor your temperature.
- If you need prescription refills or have specific questions for your doctor, please try and ask for these during your visit with your doctor.
- Your Symptom Record

Use your Systemic Treatment booklet to get more information on side effects, and how to manage them. Page numbers are listed beside the side effects.

If your symptom has a star (*) beside the number, call or go to an emergency room (ER).

Keeping Track of Your Symptoms on Chemotherapy and Targeted Therapy

Symptom	Symptom Rating	Date of Cycle
Shortness of breath	0 My breathing is normal for me	
	*1 Shortness of breath with moderate activity (stairs)	
	*2 Shortness of breath even when I sit or lie down	
Diarrhea (page 31)	0 No diarrhea	
	*1 Diarrhea 2 to 3 more times a day than I usually do during the night	
	*2 Diarrhea 4 to 6 more times a day, or I have stools during the night	
	*3 Diarrhea 7 to 9 more times a day	
Constipation (page 32)	0 Not constipated	
	*1 No bowel movements in 3 days	
	*2 No bowel movements in 5 days	
	*3 No bowel movements in 6 days (go to ER)	
Diet (page 33)	0 Can eat and drink like I normally do	
	*1 Can eat and drink normal food, but less than usual	
	*2 Can eat but am drinking half or less than usual	
	*3 Cannot eat or drink (go to ER)	
Nerve Changes (Peripheral Neuropathy) (page 30)	0 No sensation changes	
	*1 Numbness or tingling in my hands or feet	
	*2 Pain in my hands or feet or pain or weakness all over	
Sensitivity to cold	0 Yes	
	1 No	
Coping		0 1 2 3 4 5 6 7 8 9 10
Pain level (page 36)		0 1 2 3 4 5 6 7 8 9 10

We are here to help you. Call us if you have any questions or concerns.

Cross Cancer Institute Systemic Therapy Unit
Phone 780-432-8715



Your Systemic Treatment Appointment

Chemotherapy, Checkpoint Inhibitor and Targeted Therapy



Treatment — Systemic

Cross Cancer Institute
Edmonton, Alberta



What are the hours?

Monday to Saturday
7:45 am - 5:45 pm

Where is the Systemic Therapy Unit?

The Systemic Therapy Unit has 3 areas. Your appointment will be in one of these areas:

1. Systemic Therapy **Units A and B** are on the main floor
2. Systemic Therapy **Unit C** is on the 4th floor. Take the elevator from the lobby up to floor 4

Where do I check in?

Check in at the main reception desk at the front of the building. They will give you a green appointment slip and direct you to your Systemic Therapy Unit.

When should I arrive for my appointment?

Please come to the Systemic Therapy Unit at your scheduled appointment time.

What happens when I arrive?

- Hand in the green sheet to the unit clerk at the desk.
- The clerk will tell your nurse that you have arrived.
- For your safety, the nurse will ask you for a piece of identification.



Bring a type of government-issued identification to all your appointments like a driver's license or Alberta Health Care card for example.

What happens if my appointment does not start on time?

If there is a delay, please be patient. If you have not started 30 minutes after your scheduled appointment, please tell the unit clerk.

Can I leave the treatment area during my treatment?

For your safety, you must stay in the treatment area while you're getting your treatment. There are washrooms you can use in the treatment area.

Do I need to bring any medications?

Go to your local pharmacy and get your anti-nausea or pre-medication prescriptions filled.

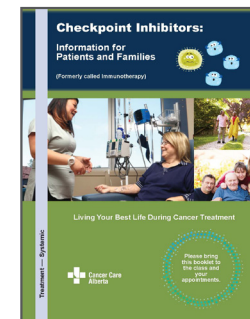
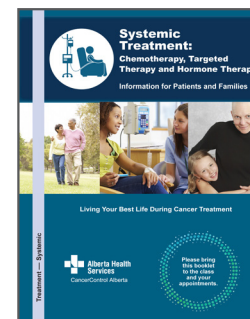
- Take your medications as directed before your treatment appointment.
- Bring these medications with you to every treatment appointment. Your nurse will review when you need to take them and how often.
- Also, please bring your pain medication.

What else do I need to bring with me?

Bring your:

- “Systemic Treatment: Chemotherapy, Targeted Therapy and Hormone Therapy” **or** “Checkpoint Inhibitor: Information for Patients and Families” (Books)
- “Keeping Track of Your Symptoms” (symptom record)

Your nurse will review the side effects with you.



How many people can I bring to my appointment?

Friends and family are important but we have limited space.

You may bring 1 person to your appointment. If this changes, your healthcare team will let you know. This is for the safety of all patients, visitors and staff.

Can children come with me?

We recommend children under the age of 16 do not come for safety reasons.

If you are having difficulty arranging for childcare, call your cancer centre and ask to speak with a resource social worker to see what resources are available in your community.

Will I get a bed or a chair?

Each nurse has an assigned spot for their patients. You may be treated in a bed or a chair. Your nurse will work with you to decide the best place for you to receive your treatment.

Should I eat before my appointment?

Yes, please eat before coming to your appointment. We suggest you bring snacks or meals with you if your treatment is expected to be longer than 2 hours.