

How long is my appointment?

Every patient's visit time is different because different medications are used to treat different types of cancer.

Your nurse will explain how long your treatment will be at your first visit.

Can I bring my cell phone or other devices?

Yes. Please set your phone to vibrate and use headphones for entertainment devices to be respectful to others.

Wi-Fi Network Name: **Healthspot**
(agree to terms, no password needed).

Can I book other appointments on the day of my treatment?

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

If you are having trouble arranging your schedule, call the switchboard (825-412-4200).

When will I know my appointment time?

You can usually expect to have your next appointment booked before you leave the treatment area. If we do not have them booked, we will call you with your treatment time.

What can I do to make my treatment easier?

To make it easier to start your IV:

- Stay hydrated. Drink plenty of water the day before your treatment.
- Avoid food or drinks with caffeine for 24 hours before your treatment.

If you need prescription refills or have specific questions for your doctor, ask for these during your visit with your doctor.

Remember to:

- take or bring your pre-medications
- bring your education booklets.

Is there anything I need to have at home?

- Diphenhydramine (Benadryl®) or another allergy medication. Take this as directed if you have an allergic reaction to the treatment.
- A digital thermometer to accurately monitor your temperature.
- Your Symptom Record

How do I contact the cancer centre?

We are here to help you. Please let us know if you have any questions or concerns.

You can call the Grande Prairie Cancer Centre 825-412-4200.

Emergency

If you have an urgent concern, go to the nearest Emergency Centre or call 911.



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Information for
patients & families

Your Systemic Treatment Appointment

Chemotherapy, Checkpoint
Inhibitor and Targeted Therapy

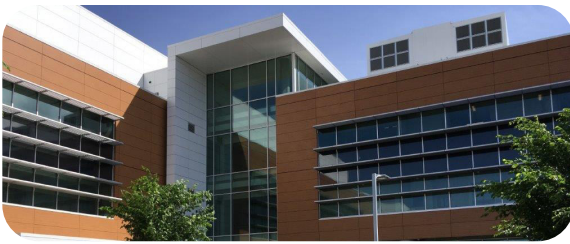


Grande Prairie Cancer Centre

Grande Prairie, Alberta

Treatment – Systemic





Location and hours?

Systemic Therapy is given in the Grande Prairie Cancer Centre. Go to the north side of the Grande Prairie Regional Hospital.

Treatment hours are:

Monday to Friday 8:00am – 4:15pm

Where do I check in?

Register with reception and have your photo ID and health care card ready to show the clerk.

When should I arrive for my appointment?

Arrive at your scheduled time. Your clinic nurse or clerk will tell you if you need to arrive early.

Make sure to give yourself enough time to find parking.

What happens when I arrive?

The clerk will notify your nurse. You will get a wrist band that has your identification information on it.

What if my appointment does not start on time?

There might be delays. Tell your clerk if you have not started 30 minutes after your appointment time.

Can I leave the treatment area during my treatment?

For your safety, you must stay in the treatment area during your treatment. There are washrooms for you to use in the treatment area.

If you use tobacco products, bring something like a nicotine patch or gum if you need it.

Do I need to bring any medications?

Yes. Bring medications to every appointment for:

- pre-treatment (“pre-medications”)
- nausea
- pain
- your regular medications



Have your prescriptions for pre-treatment, nausea, and pain medications filled at your local pharmacy **before** your appointment.

Take medications as directed before your treatment appointment.

Your nurse will review when you need to take your medications and how often.

What else do I need to bring with me?

Bring your:

- “Keeping Track of Your Symptoms” (symptom record)

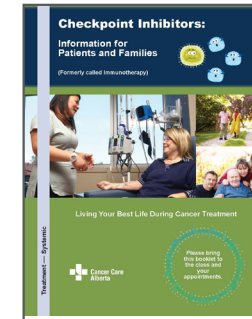
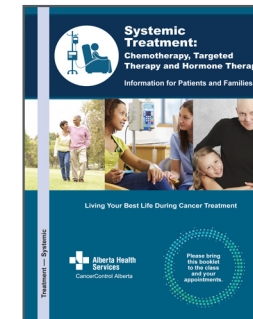
Use your Systemic Treatment booklet to get more information on side effects, and how to manage them. Page numbers are listed beside the side effects.

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 (page 41)	0 My breathing is normal for me	
	1 Shortness of breath with moderate activity (stairs)	
	2 Shortness of breath with little activity	
	3 Shortness of breath even when I sit or lie down	
Diarrhea (page 45)	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 that are watery	
	3 Diarrhea 7 to 9 more times a day	
Constipation (page 32)	0 Not constipated	
	1 No bowel movements in 2 days	
	2 No bowel movements in 3 days	
	3 No bowel movements in 4 days (go to ER)	
Diet (page 53)	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 39)	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	
	3 Difficulty doing up buttons, zippers or shoes, or feeling the shape of small objects when they're in my hands or difficult walking	
Sensitivity to cold	Yes No	If yes, date it started: date it ended:
Clipping	0 1 2 3 4 5 6*	7* 8* 9* 10*
	No difficulty clipping	
Pain level page 36	No pain	worst pain
Anxiety page 43	0 1 2 3 4 5 6*	7* 8* 9* 10*
	No anxiety	worst anxiety

- “Systemic Treatment: Chemotherapy, Targeted Therapy and Hormone Therapy” or “Checkpoint Inhibitor: Information for Patients and Families” (Book)



- Something to read or do.



How many people can I bring to my appointment?

Friends and family are important but we have limited space.

If you plan to bring more than 1 person, check with your healthcare team before your appointment to see if there are any limits with how many people you can bring.

Can I bring children?

We do not recommend bringing children 15 years of age or younger for safety reasons.

If you have trouble arranging childcare, a social worker can help you explore available resources.

Should I eat before my appointment?

Yes, eat before your appointment. If your treatment is expected to last longer than 2 hours, you may want to bring a snack or meal.

Is there food available at the cancer centre?

Yes, coffee and cookies are available in the treatment area. We encourage you to bring your own drinks and snacks. There is also a cafeteria in the main part of the hospital.