



The Checklist for Chemotherapy patients

- Ask if you are getting an anti-emetic such as Ondansetron or Granisetron in the IV before the chemotherapy starts. See our website for more information about anti-emetics: <http://www.nhlcyberfamily.org/supportdrugs.htm>
- Ask what chemotherapy drugs you are getting and how much of each. Write them down in your notebook.
- Get patient data sheets for each of the drugs you are getting. These sheets explain what the drugs are, what their side effects are, and which side effects require immediate treatment. If you don't already have those sheets you can get them here:

<http://www.bccancer.bc.ca/HPI/DrugDatabase/DrugIndexPt/default.htm>
- Don't leave the clinic without your prescription for anti-emetics such as Ondansetron (Zofran) or Granisetron (Kytrel). With them you will not experience any nausea or vomiting. Without them you will be spending a great deal of time in the bathroom.
- Constipation can be a big problem. Prepare yourself with everything from mild to strong remedies. Discuss this with your doctor, but everything from high fibre foods, over the counter remedies, and prescription remedies may be needed.
- Ask for a prescription for Lorazepam (Ativan) or other tranquilizer. You are almost certain to need it especially on those Prednisone days. Ask about a laxative as well. You are likely going to need one.
- Find out if you are required to go for blood work before your next chemotherapy session, and when.
- Buy a thermometer preferably a digital one. Check your temperature at least twice a day. At 38°C or 100.5°F you should call the emergency department or your oncology clinic and speak to a haematologist. Get their advice about whether you should proceed immediately to the hospital or monitor your temperature.
- Drink lots of water or fluids for at least 4 days after chemotherapy. This means at least 3-4 litres (12 glasses of fluid) every day. During the first 24 hours you should drink enough that you have to empty your bladder every 2 hours.
- Wash hands frequently and insist that other household members do the same. No need for antibacterial soaps as they don't take care of viruses, and they just promote the growth of the stronger resistant bacteria. Good old soap and water is all you need.
- You don't have to be a hermit, but you should take care to avoid places where you can expect lots of sick people who have colds, flu etc.
- Have an overnight bag packed and ready to go at all times, just in case you have to make that emergency trip to the hospital. It should contain one complete change of clothes, and pair of pajamas or other nighttime wear for the hospital, and the usual personal hygiene items.