



**Putnam County
Hospital
CANCER CENTER**

Your First Day of Chemotherapy

1 Before You Leave Home



Eat a light meal

Unless your care team has instructed you to fast, eat a meal or snack before coming



Stay Hydrated

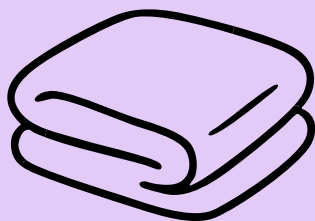
Drink fluids!!
Water is always best.



Take Medications as Instructed

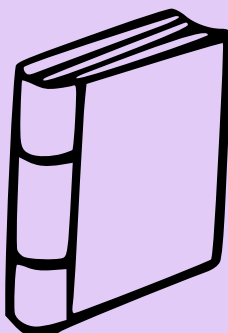
Follow instructions for prescribed medications. Do not take extra medication without checking first. Bring any meds you might need while here with you.

2 What to Bring



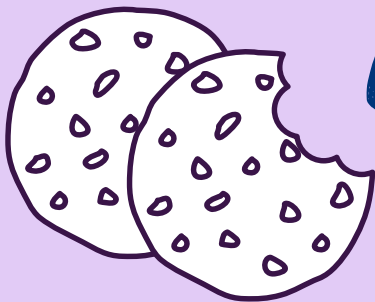
Dress Comfy!

Wear a loose-fitting or button up shirt



Book, Tablet, Puzzle, Word Search

We have some here too!



Your Favorite Snacks or Drink

We have snacks too!



Your Questions and Medication List



After You Arrive



Check-In and Bloodwork

Your care team may check your weight, vital signs and lab results prior to treatment



Review your treatment plan

Your nurse will review medications, allergies and important information



Pre-Medications

You may receive medications to help prevent nausea or infusion reactions prior to your treatment



Waiting Time

There may be a wait time for your pre-medications or for the pharmacy mixing process



During Your Infusion



Speak Up about anything unusual

Tell your nurse immediately if you experience itching, trouble breathing, pain with your IV, flushing or chills



Make Yourself Comfortable

Read, listen to music, watch TV, take a nap, talk with your support person.



It's OK to Feel Nervous

Your first treatment is a new experience. Ask questions. Let your nurse know how you're feeling. Take things one step at a time.

★ Remember: You don't have to know everything on day one!