Pre-Infusion **Checklist**

ROCKY MOUNTAIN™ CANCER CENTERS

What To Do Prior to Your Infusion

- ❒ **Stay well hydrated.** Water will help prepare your body for the dehydrating effects of treatment.
- ❒ **Get a good night's sleep.** Sleep can help your mind and body prepare for the day ahead.
- ❒ **Eat a light meal.** A healthy meal before treatment will boost your energy levels and can help with nausea.
- ❒ **Make transportation arrangements**. For your 1st visit you may need a designated driver to take you home after treatment.
- ❒ **If you have lidocaine cream,** apply it to your port 30-60 minutes prior to your treatment time. Put a quarter size amount on and DO NOT rub it in as you would lotion. Cover the area with plastic wrap.
- ❒ **Avoid caffeine the day of treatment.** Caffeine constricts your veins making the placement of the IV more difficult.
- ❒ **Take all of your routine medications** unless otherwise directed by your provider.

What to Wear

- ❒ **Dress in comfortable clothes, and in layers.** A short-sleeve shirt with a cardigan sweater or zip-up hoodie sweatshirt is a great choice since you can easily take them on and off and they provide easy access to your port or your arm for the infusion. Consider wearing sweatpants or yoga pants.
- ❒ **Closed toed shoes.** Slippers with good soles or slip on shoes are a great choice.
- ❒ **Avoid white shirts.** We are handling body fluids and accidents can happen.
- ❒ **Avoid turtlenecks.**
- ❒ **If you have a port,** you'll want to make sure it is accessible so wear a shirt with a V-neck or buttons.
- ❒ **If you have a PICC line,** wear a shirt that will allow easy access to your arms and upper arms. A short-sleeve shirt is a great choice.

What to Bring

- ❒ **Water Bottle.** Chemotherapy can be very dehydrating, so staying hydrated can help. Staying hydrated can also help with nausea/vomiting. We have water and non-caffeinated drinks available, like Gatorade, Boost, Ensure, etc. Ask your nurse if you would like a drink.
- ❒ **Journal and a Pen.** Keep this journal/notebook with you so when you aren't in the clinic, you can jot down questions. Having a journal can also help you document your feelings, doctor's notes/instructions, and your experience which can be helpful to look back on later.
- ❒ **File Folder.** Keep your important documents organized and easily accessible such as lab results, teaching handouts, and other medical records from outside providers.
- ❒ **Soft Blanket and Pillow.** Sometimes the infusion center can get chilly and having a cozy blanket and pillow can make the space feel more comforting. We also have heated blankets available – just ask your nurse if you would like one.

❒ **Personal Items such as:**

- **Lip balm.** Dry lips are a common side effect of chemotherapy. Lip balm or chapstick will help to prevent cracking.
- **Soft, fluffy socks.** The softer, the fuzzier, the better.
- **Fragrance-free lotion** or coconut oil can help to sooth dry, irritated skin that may happen with chemotherapy.

❒ **Entertainment** helps the time go by. Some recommendations are listed below. We also have iPads available with movies and games – just ask your nurse.

- **Laptop or tablet** to watch movies and play games.
- **Books and magazines.**
- **Mind games** are a great choice and can help stimulate your brain and reduce the effects of chemo brain. Favorites include Scrabble, Words With Friends or crossword puzzles.
- **Cards.**
- **Listening to music, meditations, or podcasts** can be a great distraction and may help to ease your anxiety.
- **Headphones and a charger** for any electronic devices you bring with you.

❒ **Healthy Snacks or a Meal** in case your treatment goes long. Snacks can also help with nausea. But be sure to check with your nurse/doctor to make sure there are not any foods or drinks you should avoid. Please be respectful of others with foods that have strong smells.

❒ **Hard Candy** can help if you are experiencing a bitter/metal taste or dry mouth. Try the ginger candies or lemon drops, which can also combat nausea.

❒ **Nausea Relief** can include ginger tea or chews, anti-nausea acupressure wristbands, crackers, chewing gum, and lots of water.

❒ **Hat or Scarf,** as it can get cold in the infusion center.

❒ **Change of Clothes,** as accidents can happen.

Ask for Help

Don't be afraid to ask your nurse for help. We want to make sure you have what you need to feel comfortable!

Notes