

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

Wi-Fi Network Name: Healthspot (and agree to terms)

Can I schedule other appointments on my treatment day?

It's not a good idea to schedule 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?

Scheduling all the appointments is like putting together a puzzle every day. Sometimes we can't finish the puzzle until the end of the day. This means you might not get your treatment time **until 5:00pm** the day before. Please be patient. We **will** call you with your treatment time.



What can I do to make my treatment easier?

To make it easier for your nurse to start your IV:

- Drink lots of water the day before your treatment.
- Avoid drinks with caffeine for 24 hours before your treatment.

Is there anything I need to have at home?

- Diphenhydramine (Benadryl®). Take this as directed if you have an allergic reaction to the treatment.
- An electronic 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.

Telephone Triage

What is telephone triage?

It's a phone line for you to call when you have concerns about your symptoms.

What happens when I call?

A clerk will answer your call, ask you some questions to gather some information for the nurse. Your answers will help the nurse respond to your concern.

How quickly will the nurse return my call about my symptoms?

Our goal is to answer your concern in a timely manner. Generally, a nurse will call you back about symptoms within 4 hours.

What if I need to ask my nurse or doctor a question before my next appointment?

You may leave a message for your doctor or nurse for their next clinic.

If you need an answer sooner, let the clerk know. **Please call only if your concern cannot wait until your next appointment.**

Telephone Triage:
403-521-3735
Toll free 1-866-238-3735

Switchboard
Phone 403-521-3723
Toll Free 1-844-465-6330



Your Systemic Treatment Appointment

Chemotherapy, Checkpoint Inhibitor and Targeted Therapy



Treatment — Systemic

Tom Baker
Cancer Centre
Calgary, Alberta



What are the hours?

Systemic Therapy Unit:

Monday to Friday 8:15 am - 6:15 pm

Where is Systemic Therapy located?

Systemic Therapy is located on the ground floor. You may also have part of your treatment in one of these areas:

1. The **Bone Marrow Transplant Clinic** — on the ground floor across from Systemic Therapy Unit
2. The **Radiation Therapy Day Room** — on the basement floor

Where do I check in?

Check in at the Systemic Treatment reception desk on the ground floor. Please have your Cancer Care identification card ready to show the clerk at each appointment.

When should I arrive for my appointment?

Please come to the Systemic Treatment area at your scheduled appointment time. Your clinic nurse or clerk will tell you if you need to arrive early.



Bring your Cancer Care Identification card to all of your appointments

What happens when I arrive?

The clerk will tell your nurse that you have arrived. For your safety, the nurse will ask you for your Cancer Control identification card.

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 time, 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.

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

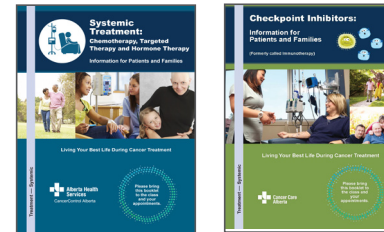
Do I need to bring any medications?

- Have your prescriptions for pre-treatment, nausea and pain medications filled at your local pharmacy before your appointment. Bring these along with your regular medications to every treatment appointment.
- Take your medications as directed by your nurse or doctor before your treatment appointment.
- Your nurse will review when you need to take them and how often.

What else do I need to bring with me?

- “Systemic Treatment: Chemotherapy, Targeted Therapy and Hormone Therapy” **or** “Checkpoint Inhibitors: 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 2 people to your appointment but only 1 of your visitors may stay with you in the treatment area at a time — this is for the safety of all patients, visitors and staff.

Can I bring children?

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

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

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.

Is there food available at the Tom Baker Cancer Centre?

There is a small kitchenette with juice, biscuits, bread, coffee and tea. There is also a water and ice machine, and a microwave. A cart from volunteer services comes to all areas several times a day with free coffee, tea, juice and cookies.

You can also buy hot or cold meals in the Foothills Medical Centre. Please see **Your Guide to the Tom Baker Cancer Centre** booklet for more information.

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.



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