

Your First Day of Chemotherapy

Your Treatment | Kellogg Cancer Center

Here are a few recommendations to make your first day of chemotherapy proceed as easily and comfortably as possible:

- Bring an adult family member or friend for support if you wish. Children under the age of 6 are not allowed in treatment areas of the Kellogg Cancer Center for their safety and to maintain an appropriate environment for all patients. Please see *Visitor Guidelines* in the *Additional Resources* section for more information.
- Come to your first appointment 15 minutes before your scheduled appointment time to complete the check-in process and have your lab work done. Please have your insurance and drug prescription cards with you.
- Eat a light breakfast at home.
- You may want to bring a light snack. Coffee, juice, tea and water are available in Kellogg. If you will be at the Kellogg Cancer Center's treatment area for an extended time, you may bring a small cooler or thermal lunch bag with food and beverages.
- Take your regular prescriptions that day, unless instructed otherwise by your oncologist.
- Please bring a complete list of your current medications, including over-the-counter drugs, vitamins and herbal supplements.
- It is recommended that you have someone drive you to your first appointment. You may want to arrange for childcare for the entire day, so you can focus on yourself, your treatment and take time to ask any questions. This is not a day to feel rushed.
- If you are the main cook in the family, you may want to arrange to have dinner brought in or have someone else do the cooking tonight.
- Your nurse will review all medications given during your treatment and for you to take when you go home. You will receive a written copy of your After Visit Summary (AVS), which includes home instructions and any return appointment details.
- You are encouraged to bring reading materials, a personal audio player (iPod or CD player), or a personal DVD player or tablet-type device. DVD players with movies are available to borrow. In addition, instructional videos are available on LodgeNet, our interactive patient television system. Ask your nurse for details.
- Kellogg has non-secured wireless Internet connectivity available for your convenience.

Our goal is to make this journey as smooth as possible. Please let us know if there is anything we can do to help you or your family.