



Chemotherapy preparation guide

If chemotherapy is part of your cancer treatment regimen, preparing ahead of time can help you know what to expect and manage the challenges of the process.

Here are some key tips to help you get ready.

1 Understanding your treatment plan



- ▶ Chemotherapy type: _____
- ▶ Goals of chemotherapy: _____
- ▶ Potential side effects: _____

2 Pre-chemotherapy preparation checklist



▶ Support system:

- I have arranged transportation for appointments.
- I have someone to accompany me when needed.
- I've shared my schedule with family/friends.

▶ Practical arrangements:

- Time off work and flexible arrangements are made.
- Childcare or pet care arrangements are finalized.

▶ Prepare your environment:

- Recovery space at home is set up (blankets, entertainment, essentials).
- Items to prepare: _____

▶ Medical and financial readiness:

- Insurance coverage for treatment is confirmed.
- Copies of medical records and medication lists are updated.

3 Physical preparation for chemotherapy



- **Nutrition:** Focus on protein-rich, balanced meals to maintain strength and support your immune system.
- **Hydration:** Aim for 6-8 glasses of water daily in the days leading up to treatment to stay well hydrated.
- **Exercise:** Incorporate light physical activity, such as walking or stretching, if approved by your care team.
- **Dental health:** Schedule and complete a dental checkup to address any potential infections or oral health concerns.
- **Hair care:** Consider a shorter haircut to simplify hair care, manage potential hair loss, and explore comfortable head covering options like wigs, scarves, or hats.

4 Packing list for chemotherapy day



- Comfortable clothing (layers can help with temperature changes).
- Snacks and drinks (if permitted by your care team).
- Entertainment (book, tablet, headphones).
- Blanket or jacket for extra comfort.
- Journal or notepad for tracking questions, symptoms, or side effects.
- Other items to bring: _____

5 During treatment



- Inform your care team about any discomfort or concerns during the session.
- Stay hydrated with small sips of water (if permitted).
- Use calming activities, such as deep breathing, podcasts, or meditation, to stay relaxed.

6 Post-treatment recovery tips



- **Prioritize rest and hydration:** Give your body time to recover and stay well-hydrated.
- **Track symptoms and side effects:** Note any changes and communicate with your care team.
- **Be mindful of body fluids:** After chemo, your body clears out the medication through fluids like urine, sweat, and tears. Take simple steps, like flushing the toilet twice and washing your hands well, to keep yourself and others safe.
- **Stay gently active:** Engage in light, approved exercises to help reduce fatigue and improve circulation.

7 Notes on side effects:



Preparing for chemotherapy can feel more manageable with a checklist, helpful resources, and self-care practices. Remember to lean on your care team and loved ones for support throughout your treatment.