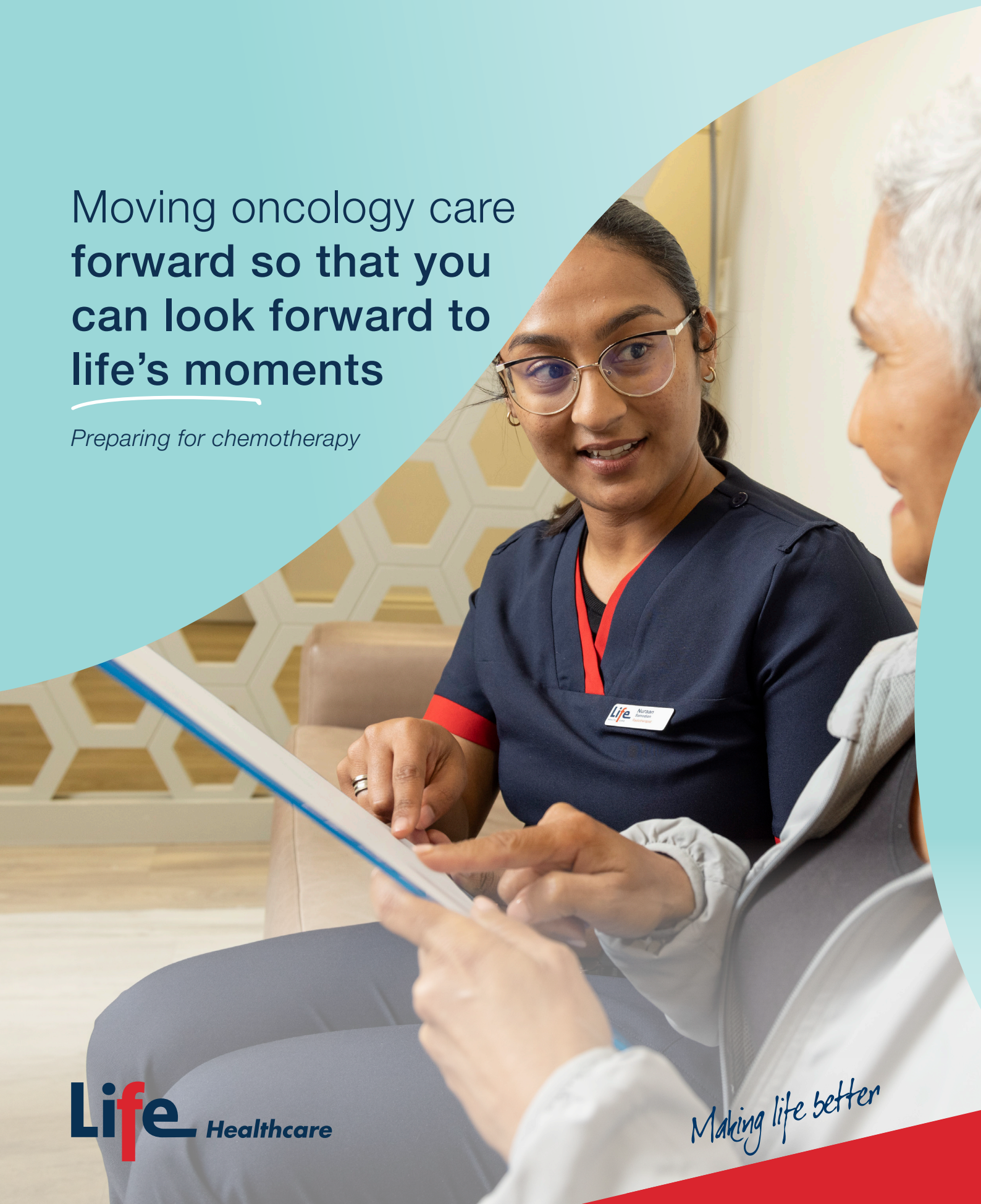






# Moving oncology care forward so that you can look forward to life's moments

*Preparing for chemotherapy*




# What to bring to your chemotherapy treatment session




## Comfortable clothing

	You may be sitting for a few hours so something comfortable and loose fitting is best e.g. leggings, tracksuit pants, elasticated cotton pants
	If you need to change into a hospital gown or other attire, make sure it is easy for you to change
	Dress in layers so that you can put on or take off clothes as you see fit and make sure that the clothes allow easy access to your port or arm for the infusion
	Consider bringing a hat or beanie and zip-up hoodie or cardigan to keep you warm. Sometimes chemotherapy can make you feel cold



## Medications

	Bring your medications with you in case you need to take any while you are having your chemotherapy session
--	---







## Snacks

	Maintaining a healthy weight during chemotherapy is important so make sure you eat a light meal before the treatment as you may feel ill afterwards
	Pack your favourite healthy snacks that contain protein and calories to help rebuild healthy cells that are killed during chemo
	You can also include things like ginger or lemon candy to help prevent nausea


## Drinks

	Staying hydrated can help you feel better during chemotherapy
	Avoid caffeinated drinks such as tea, coffee or carbonated sodas and energy drinks. Instead pack still or sparkling water, herbal teas or fruit juice


## Something to do

	Bring your phone or tablet to catch up on social media or with your friends or download a digital game you can play during chemotherapy (be sure to silence it on the settings)
	Reading is a great way to pass the time, whether it's a book, magazine or audiobook
	If you have a hobby such as crocheting or knitting, bring that along too
	Writing or drawing materials if you want to journal, write letters, colour-in an adult colouring-in book
	Sudoku, crossword or puzzle books are also an option but may be too taxing if you are feeling tired
	Travel size board games like scrabble or rumikub are fun to play with a friend, family member or fellow patient


## Ear plugs and eye mask if you want to sleep

	Treatment rooms are busy places so if you are planning on just closing your eyes and resting bring an eye mask and ear plugs to shut out the world around you
--	---

## Earphones

	Earphones are essential if you are wanting to watch a downloaded movie, listen to music or listen to an audiobook. Other patients around you may just want peace and quiet and to rest, so be mindful of the noise you are generating
--	---

## Comfort items

	A favourite pillow, cushion, blanket or stuffed animal can be a great source of comfort during chemotherapy. Don't be afraid to bring it along
--	--

# What to bring to your chemotherapy treatment session

## Fan (if you are getting hot flushes)



If you are suffering from menopausal or treatment-related hot flushes and can't be on hormone replacement therapy then remember to bring your hand fan or a mini hand electric fan to help cool off

## Warmer items (if it's cold outside)



Bring out those fluffy slippers or socks to keep your feet warm



You may even want to bring along a warm beanie or scarf and a warm blanket

## References

- WebMD Cancer Center. *What to Bring to a Chemo Treatment*. [online] 2021 Jun 28 [cited 2022 Jul 18]. Available from: URL: <https://www.webmd.com/cancer/what-to-bring-chemo-treatment>
- Cleveland Clinic. *What You Should Bring to Your Chemotherapy Session*. [online] 2021 Jan 20 [cited 2022 Jul 18]. Available from: URL: <https://health.clevelandclinic.org/bring-chemotherapy-session>

*The information is shared on condition that readers will make their own determination, including seeking advice from a healthcare professional. E&OE. Life Healthcare Group Ltd does not accept any responsibility for any loss or damage suffered by the reader as a result of the information provided*



Notes:



Life Oncology

[www.lifehealthcare.co.za](http://www.lifehealthcare.co.za)



**Life** Oncology

*Making life better*