

## Preparing for chemotherapy



## 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 chemotherapy



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 drinks such as 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

## 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>

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