

Chemo Preperation Checklist

There are many things you can do as a patient to get as prepared as you can for chemotherapy treatment. Please read the below items we recommend at LOA and let us know if you have any questions.

- STAY WELL HYDRATED**
- Rest when tired. Listen to your body.
- Track and report side effects to your physician or his nurse. It is helpful to log this on a calendar.
- REDUCE stress (as much as possible)!
- Wear comfortable and loose clothing to each chemotherapy treatment.
- Stock up on items you need at home before each chemotherapy treatment.
- Eat a light, fiber meal before your chemotherapy treatment.
- Have a supportive person nearby that can be available if need be.
- Keep a list of all medications and be sure the physician or his nurse has a CURRENT copy.
- Ask questions about the medication and what is it for if you do not already know.
- Buy a digital thermometer.
- Have someone check up on you after treatment.