



Preparing for Treatment

Starting treatment can feel overwhelming. Knowing what to expect can bring a sense of peace and control.

*What to Expect at Your First Appointment

***Bring a notebook or trusted person to help you remember important details. Write down questions ahead of time and don't be afraid to ask for clarification.**

Preparing for Treatment Days

Comfort matters. Consider bringing:

A SMILE

A soft blanket or shawl

Lip balm and lotion

Snacks and water

A journal or devotional

Headphones or calming music

Advocating for Yourself

Your voice matters. It's okay to ask questions, request second opinions, and take time to process information. You deserve to feel informed and supported.

Gentle Reminder

Every journey is unique. Be patient with yourself as you adjust physically and emotionally.

Chemo Day Checklist

You don't have to bring everything—but having a list can calm your mind. Choose what feels right for you.

1. Important Information

Photo ID

Insurance card (if needed)

List of current medications and doses

List of allergies

Phone numbers for your main contacts

A small notebook or notes app with questions for your care team

2. Comfort & Clothing

Soft, loose-fitting top with easy access to your port or IV area

Cozy sweater, hoodie, or wrap

Comfy pants or leggings

Warm socks or slippers with grip

Small blanket or shawl

3. Snacks & Drinks

(Check with your clinic about food rules.)

Light snacks (crackers, granola bars, nuts, fruit cups, etc.)

Water bottle

Gentle drinks like herbal tea or electrolyte drinks

4. Nausea & Taste Helpers

Mints or gum *(especially for port access or strong tastes)*

Lemon drops or ginger candies *(if approved by your care team)*

Lip balm to keep lips from getting dry

5. Heart & Soul Care

Headphones/earbuds for music, podcasts, or sermons

A small journal or notebook for thoughts and prayers

A favorite book, devotional, or inspirational quotes

A small comforting object (photo, token, bracelet, or cross)

6. Phone & Tech

Fully charged phone

Charger or portable battery

Earbuds or headphones

Downloaded music, playlists, or shows in case Wi-Fi is weak

7. After-Treatment Help

Plan for a ride home (*if needed*)

Simple meal ready at home (*frozen meal, soup, or easy snack*)

A cozy spot prepared (*pillow, blanket, water, and any meds you may need later as directed*)

