

## 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*)

