

Your First Day of Chemotherapy

Your Treatment | Kellogg Cancer Center

Here are a few recommendations to make your first day of chemotherapy proceed as easily and comfortably as possible:

- Kellogg staff will provide up-to-date visitor guidelines.
- Come to your first appointment 15 minutes before your scheduled appointment time to complete the check-in process and have your lab work done. Please have your insurance and drug prescription cards with you.
- Eat a light breakfast at home.
- You may want to bring a light snack. Coffee, juice, tea and water are available in the treatment area. If you will be at the Kellogg Cancer Center's treatment area for an extended period, you may bring a small cooler or thermal lunch bag with food and beverages.
- Take your regular prescriptions that day, unless instructed otherwise by your oncologist.
- Please bring a complete list of your current medications, including over-the-counter drugs, vitamins and herbal supplements.
- It is recommended that you have someone drive you to your first appointment. You may want to arrange for child care for the entire day, so you can focus on yourself, your treatment and take time to ask any questions. This is not a day to feel rushed.
- If you are the main cook in the family, you may want to arrange to have dinner brought in or have someone else do the cooking tonight.
- Your nurse will review all medications given during your treatment and those you will take with you when you go home. You will receive a copy of your After Visit Summary, which includes home instructions and any return appointment details.
- You are encouraged to bring reading materials, a personal audio player, a laptop or a tablet. In addition, instructional videos are available on our interactive patient television system. Ask your nurse for details.
- All Kellogg Cancer Center locations have wireless internet connectivity available for your convenience.

Our goal is to make this journey as smooth as possible. Please let us know if there is anything we can do to help you or your family.