

Michiana Hematology Oncology, PC

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Helpful Hints for Your Chemotherapy Treatment Day

1. On the days you have a lab appointment, it is best to arrive 15 minutes prior to your scheduled chemotherapy clinic appointment. This way, you can have your blood drawn and the results will be reported prior to receiving your chemotherapy medications. Please do not arrive more than 15 minutes prior to your scheduled chemotherapy appointment or you will have to wait unnecessarily for space to become available.
2. It is best to increase your fluid intake prior to receiving chemotherapy. Our recommendation is to drink 8-10 eight ounce glasses of liquid, starting three days prior to your scheduled treatment. Liquids may include: any type of non-alcoholic beverage, soup, Jell-O, popsicles, etc. Please continue to take additional fluids for at least three days following your chemotherapy treatment.
3. Avoid overexertion the day before and the evening of your treatment.
4. Continue to take any previously prescribed medication as you normally would. Bring any needed medication with you on the day of treatment so you can take it as prescribed.
5. Eat a light meal on the morning and evening of your treatment, avoiding spicy, fatty, fried and heavy foods. If you feel nauseated, be sure to take your antiemetics before eating.
6. Wear comfortable clothing and shoes to your treatment. We have found that sweats or elastic waist pants work best. Layered clothing is another good idea, making it easier to get comfortable if you become too warm or too cool.
7. Bring an activity which you enjoy, as this will help pass the time. Some examples of activities to bring include: book, Walkman or Ipod, hand held games, a craft or a DVD. We have personal DVD players and some movie selections available for check out during your treatment.
8. Have a family member or friend drive you to and from your first appointment. They are welcome to stay the day, or to come and go from the clinic as needed.
9. If your treatment will extend over the lunch hour, please feel free to bring lunch or a special snack with you. We have juice, pop, coffee and water to drink, and a refrigerator and microwave for your use.
10. Following your treatment, be sure and take any scheduled medications. If at any time you have questions about your treatment or potential side effects, please contact the nursing staff at any of the numbers listed above.