



Preparing For Chemotherapy

 **OU Health** | Stephenson
Cancer Center

A Department of University of Oklahoma Medical Center

Dear Valued Patient,

Thank you for choosing OU Health Stephenson Cancer Center to be part of your cancer treatment experience.

Our dedicated professionals understand that mixed emotions and many questions will be part of your chemotherapy experience. At Stephenson Cancer Center, you'll be treated by skilled experts, committed to providing the most advanced therapies that are also safe, timely and delivered with great compassion.

Our experienced chemotherapy and infusion team is made up of dozens of highly specialized individuals, including physicians, advanced practice providers, pharmacists, nurses and financial navigators. Providing the best in patient-centered cancer care is our top priority.

We are here to assist you with scheduling your infusion appointments, answering any questions you may have about your chemo treatment, and connecting you with valuable resources such as supportive care services.

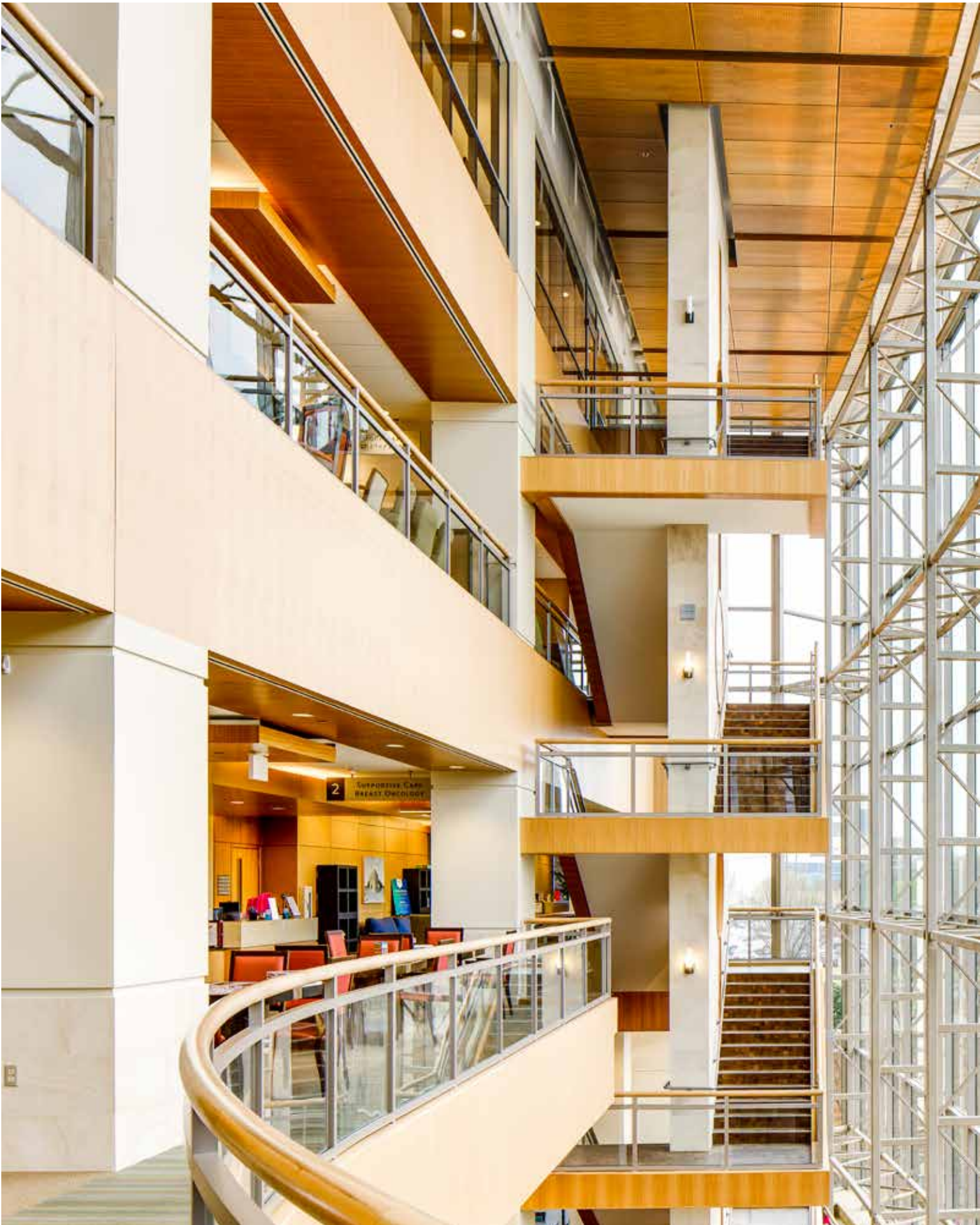
In preparation for your first chemotherapy treatment, we invite you to Chemo 101. These informative sessions, led by infusion nurses and supportive care specialists, are offered twice a week.

All are welcome to attend, and caregivers are encouraged to join you. If you are interested in attending Chemo 101 or you have any questions, please call **405-271-3402**.

Warmest regards,

Your OU Health Infusion Team

If your first chemotherapy appointment has not yet been scheduled, you will be contacted to make arrangements in the next few days. If you have questions about the type of chemotherapy you will receive, please contact your cancer care clinic for more information.





Pre-Appointment Checklist

Please complete the following items before each chemotherapy appointment.

1. Lab Work

Lab work must be completed within 72 hours of each scheduled chemotherapy treatment.

If you would like to complete your labs at a different location, please remember to get an order slip from your cancer care clinic to take with you. Have your lab fax the results to the cancer center at **(405) 271-2491**.

If you would like your labs drawn at Stephenson Cancer Center, the second floor lab welcomes walks-ins:

Lab, Floor 2

**OU Health Stephenson Cancer Center
Monday – Friday, 7 a.m. - 5:30 p.m.**

If you have a port, your labs will need to be drawn at the infusion center. Please call **(405) 271-3402** to schedule an appointment before the date of your chemotherapy treatment.

2. Transportation

Please remember to make transportation arrangements before each appointment. Chemo involves many different medications that may be new to your body. It is recommended that someone drive you to and from appointments until you see how the treatment may affect you. Depending on your treatment regimen, it may not be safe to drive yourself after receiving treatment. Please ask your care team if there are any guidelines you need to follow.

3. Support

If you wish to have additional support during treatment, you are welcome to invite friends or loved ones to keep you company. However, as a matter of safety, and to respect the privacy of other patients, only one person may be present at any appointment. Please note that children under the age of 16 are not permitted in the treatment area.

4. Chemo 101 Workshop

Register for a Chemo 101 workshop to learn more about treatment, discuss common side effects and tour the infusion center.

**RSVP: (405) 271-3402 or visit:
stephensoncancercenter.org**

5. Document Questions

Write down any questions you have for your care team about treatment. Please contact your cancer care clinic for answers regarding site-specific questions. For infusion questions, consult your infusion nurse or bring your questions to Chemo 101.

Your First Chemo-Therapy Treatment

Before You Arrive

Wear comfortable clothes. We recommend that you dress in layers and select garments that allow easy access to your arms or port, if applicable.

Pack a small bag with items to keep you comfortable during treatment. This can include beverages, snacks, personal entertainment items, and any medications you may need to take during your appointment.

Check-In

Plan to arrive at least 15 minutes prior to your scheduled appointment time. This will give you plenty of time to park and check in for your chemotherapy appointment on the third floor of the cancer center.

Check in for each appointment at the infusion desk on the third floor. For your safety, our staff will verify your information, place an armband on your wrist and provide your caregiver with a name tag. You will be notified when it is time for your appointment. Our goal is to treat you within 15 minutes of your scheduled time.

Vital Signs

A staff member will escort you into the Chemotherapy and Infusion Center to complete the intake process. Your height, weight and vital signs will be recorded. This information ensures accurate preparation of your chemotherapy agents.

You will be seated closely to your care team for your treatment. Your experienced team of oncology nurses will provide excellent care and may be easily reached if you have questions during treatment. Please note that seating options may change based on patient volume.

Medication Preparation

Using the information collected by your nurse at check-in, our in-house pharmacists precisely mix your chemotherapy agents. We appreciate your patience as this process may take 30-60 minutes to complete.

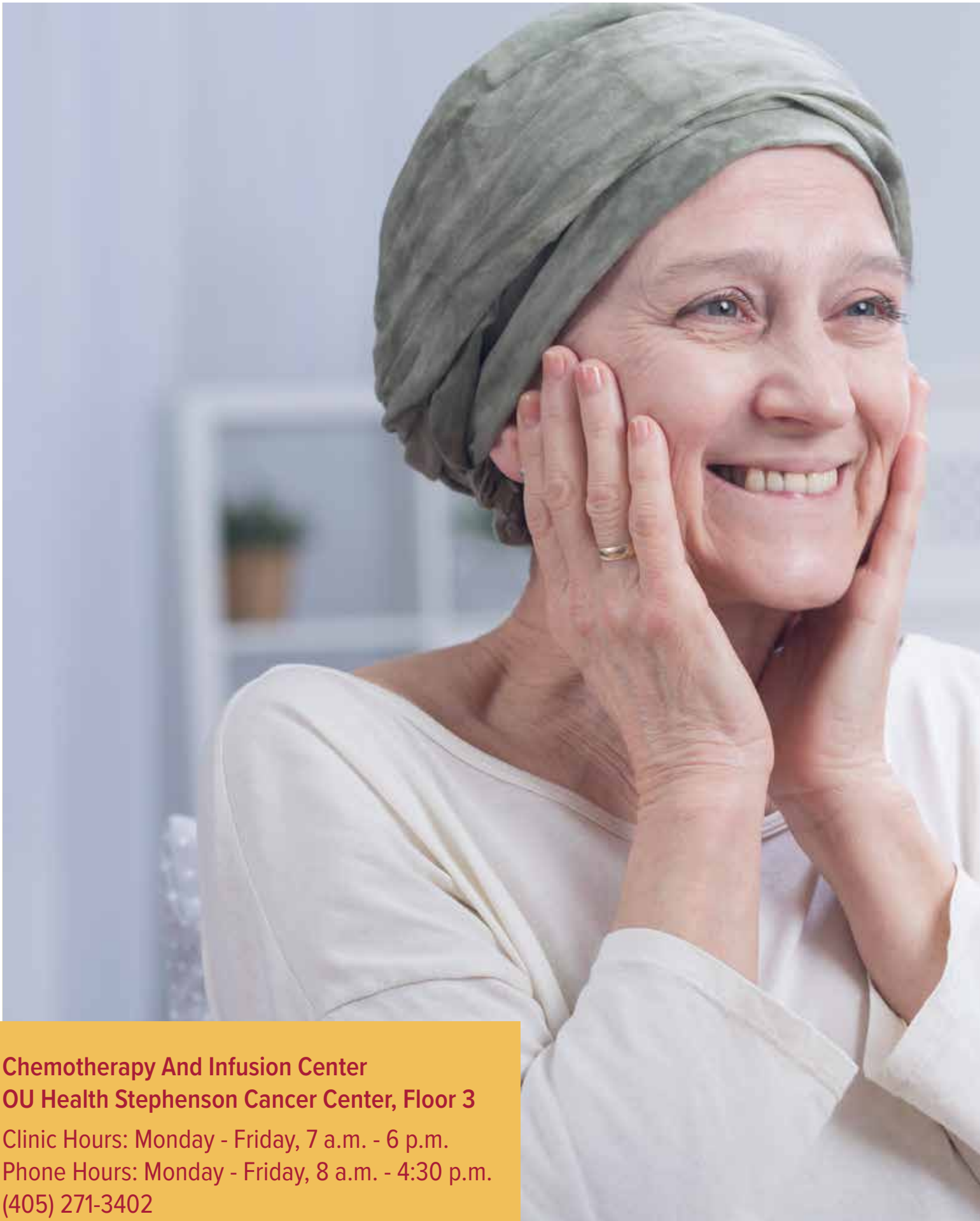
Treatment Will Begin

Treatment times vary depending on individual treatment regimens. Before your appointment, you will receive information about the time required for your treatment. Ask your nurse any questions you may have about the estimated infusion time.

Checkout

When treatment is complete, please confirm your next scheduled appointment time. If you have any questions, please ask your infusion nurse.





Chemotherapy And Infusion Center
OU Health Stephenson Cancer Center, Floor 3
Clinic Hours: Monday - Friday, 7 a.m. - 6 p.m.
Phone Hours: Monday - Friday, 8 a.m. - 4:30 p.m.
(405) 271-3402

Frequently Asked Questions

What Is Chemotherapy? What Is An Infusion?

Chemotherapy, also known as chemo, utilizes a mixture of medicines to treat cancer. Certain types of chemotherapy may be given by mouth in pill form, while others are given through an infusion treatment (through a vein or port created for this purpose).

Will The Infusion Center Be Open On Holidays?

The Chemotherapy and Infusion Center is closed on select holidays. If your regularly scheduled treatment falls on a day we are closed, our staff will reschedule your appointment as needed.

Is The Infusion Center Open During Inclement Weather?

In the event of inclement weather, please contact the clinic at **(405) 271-3402** to verify we are open before traveling to your appointment.

Who Should I Contact With A Medical Concern Or Question?

While our infusion center provides your chemotherapy treatments, your care is managed through your cancer care clinic. Please contact your oncologist directly to discuss questions about your type of chemotherapy, potential side effects, and any other medical concerns.

If you need to reach your cancer care clinic after hours, please call **(405) 271-1112** and leave a message for the on-call physician, including your name, a call-back number, and a brief message. The on-call physician will promptly respond. If you do not receive a call within 10 minutes, please call again.

In case of emergency, please call 911 or go to your nearest emergency department.



What Happens If I Miss An Infusion Appointment?

It is important to be as consistent as possible with your treatment regimen. If unforeseen circumstances make it necessary to miss an appointment, call (405) 271-3402. We will work with you to reschedule your appointment.

What Should I Wear To Treatment?

Please dress in comfortable layers as the infusion center can be chilly. Remember to wear clothing that allows easy access to your arms and port, if applicable.

Can I Eat During Treatment?

Please feel free to bring food and snacks to enjoy during treatment. For your convenience, there is a kitchenette in the infusion center. It is equipped with a microwave, snacks and beverages.

Will I Take My Regular Medications During Infusion Treatments?

Yes. Please verify that your treatment team has an accurate list of your current medications. If the timing of a medication overlaps an infusion treatment, bring your medications with you to the infusion center. The infusion center does not stock routine medicines that you may be taking.

How Long Will My Treatment Take?

Infusion times vary according to treatment regimen, from 30 minutes to as long as eight hours. It may require 30-60 minutes to mix chemotherapy agents before infusion begins.

Before your first infusion, details about your specific treatment will be provided, including approximate length of time. Call your cancer care clinic if you have questions about the type of chemotherapy you will receive.



What Can I Do During Treatment?

Please feel free to bring items for your personal entertainment such as books, tablets, and electronic devices. We want you to be comfortable during your time with us. You may access our WiFi network for free, but please remember to bring headphones so that you do not disrupt others around you.

Can I Bring A Friend Or Loved One With Me During Infusion Treatment?

Yes! We encourage you to bring a loved one or friend to sit with you during treatment, especially for your first appointment. For the safety and privacy of our other patients, we ask that you bring only one person at a time.

All visitors must be over the age of 16.

If you would like to discuss our visitor policy, or request exceptions due to a special circumstance, please call the infusion center at **(405) 271-3402** for more information.

Can I Bring My Children With Me To Treatment?

For the safety of our patients, children under the age of 16 are not permitted in the infusion area.

How Am I Going To Pay For My Chemotherapy Treatment?

OU Health Stephenson Cancer Center has access to many resources that may be helpful. Prior to your first chemotherapy treatment, your insurance coverage and out-of-pocket payments will be assessed by our financial navigation team.

If financial support is needed, our navigators will explore with you any co-pay assistance programs that may be available. Support programs will vary depending on your level of income and other eligibility requirements.

Caregiving For A Loved One

If someone you love is preparing for chemotherapy, there are many ways that you can provide help and support.

1 / Review the information that has been provided to your loved one by his or her care team. Knowing what to expect can help reduce anxiety so that you both feel more prepared for treatment.

For more information about cancer treatment and chemotherapy, visit stephensoncancercenter.org.

2 / Create a schedule of appointments. Make a list of clinic appointments, lab work, scans and other cancer-related treatments. Create an easy-to-read calendar and provide copies to people who may be assisting with transportation or other needs.

3 / Ask your loved one about his or her Release of Health Information form and make sure it is current. This form provides his or her healthcare team with a list of close friends and family members who can receive information about his or her medical treatment and healthcare. If you have questions about this form, please contact the cancer care clinic.

4 / Meals and transportation are areas where help is especially valuable during this time. Resources, such as mealtrain.com, allow friends and acquaintances to sign up to provide meals on specific days.

Contact our oncology social work department for information about transportation assistance.

5 / Review the programs and services available for patients and caregivers during treatment. Learn more about our supportive care services, educational classes and events by visiting our website.

6 / Remember that small gestures make a big difference during cancer treatment. Offer to sit with your loved one in the infusion center, write encouraging notes, or bring games and snacks to help keep them comfortable during treatment.

7 / Be intentional about caring for yourself. As a caregiver, you can't afford to neglect your own needs.

You may experience many different emotions during this time. Remember that your feelings are valid, and it's important to find meaningful ways to cope with them. For example, make time regularly to talk to a supportive friend who listens to you.


Ask for help when you need it. Most people struggle to manage a range of responsibilities under normal circumstances. Be honest about your expectations. You'll find that even small tasks or errands delegated to trusted friends or family members will make a significant difference.



Notes

Your Prescribed Treatment Regimen Will Include:

Special Treatment Instructions:



Chemotherapy And Infusion Center
OU Health Stephenson Cancer Center, Floor 3
800 NE 10th St., Oklahoma City, OK 73104
Phone: (405) 271-3402
Fax: (405) 271-1252

 **Health** | Stephenson
Cancer Center

A Department of University of Oklahoma Medical Center