



CHEMOTHERAPY CENTER

Information Guide for Patients and Their Loved Ones

With you...
TO FACILITATE
YOUR APPOINTMENTS

DIGESTIVE CANCERS



Centre hospitalier
universitaire
de Sherbrooke

With you, for Life

INTRODUCTION

You have just been diagnosed with cancer and will soon be undergoing chemotherapy treatments.

This document will help you become more familiar with our center and how it operates. This guide also contains practical advice on preparing for your appointments.

Play an active role in your health care

Don't hesitate to share your questions and concerns with someone on your care team to become more knowledgeable of your situation. These people are there to support and assist you.

Some examples of questions are:

- Can you tell me more about my health issue?
- What does my treatment or this test involve?
- How can I prepare myself?

You will find the personnel in the chemotherapy center and the care unit receptive and determined to provide you with the best possible care.

Inform a member of the medical team at any time...

- if you are allergic to certain medications;
- if you are currently taking medication, whether it requires a prescription or not, or if you take natural products – because the combined action of certain medications can create problems;
- if you are taking birth control pills, laxatives, or aspirin;
- if you have any other medical issues – because some of them can affect your therapy;
- if you are pregnant or plan to have children – because certain chemotherapy medications can cause birth defects or make you sterile (infertile);
- if you are breastfeeding – because certain medications can enter breast milk and harm the baby.



Your identity – a safety issue

Each time you arrive for treatment, you will be given an identity bracelet.

The nursing staff will check your identity on more than one occasion, particularly:

- when you arrive in a treatment area;
- during the treatment.

As needed, you will be asked for your hospital card (plum in colour) to obtain your file number.



Your appointments

Treatments are not given during your appointment with your physician.

Your chemotherapy treatments or targeted therapy will be prescribed when you meet your physician.

Then, appointments for your treatments will be scheduled by phone or onsite.

WILL I HAVE TO UNDERGO RADIOLOGICAL EXAMINATIONS?

Yes. During your chemotherapy, your doctor will follow the course of your disease using a radiological examination called a CT scan. Normally, your doctor will order this examination after you have had a few cycles of chemotherapy. If radiology hasn't called you by a week before the desired examination date, call the radiology department of your local hospital for an appointment. You can reach the CHUS radiology department at 819-346-1110, ext. 22318.

Once you have had your CT scan, call 819-346-1110, ext. 29007 or 29039, to find out the date of your next medical appointment at the CHUS. During this appointment, your doctor will give you the results of your CT scan and together you will determine the next phases of your treatment.

WILL I HAVE TO HAVE BLOOD TESTS?

Yes. A blood test (blood sample) is required before each chemotherapy treatment.

Usually, the blood sample is taken:

- 24 to 48 hours before the treatment;
- on Friday if the treatment is scheduled for the following Monday.

The health care team will inform you, in advance, of the time scheduled for your blood sampling.

You don't have to travel to the CHUS for blood testing; it can be done in your area.

HOW A TYPICAL TREATMENT DAY UNFOLDS

1 - RECEPTION BY ADMINISTRATIVE STAFF

- Upon arrival, go to the reception desk to register.
- Present your Medicare card, hospital card (plum in colour), and an up-to-date list of your medications.
- You will be given a self-assessment form on which you are asked to indicate your discomforts (if any). This information will help your nurse conduct a full assessment of your state of health prior to each chemotherapy treatment.
- You will also be given an identity bracelet.

2 - INSTALLATION IN THE TREATMENT AREA

- A nurse will call you to a chair in the treatment area.
- She will explain the treatment and its possible adverse side effects.
- She will provide you with documentation, including an Oncology Passport.
- She will assess your needs and answer your questions.

3 - EXPLANATION OF YOUR TREATMENT

- An oncology pharmacist will meet with you once you're installed in your treatment chair and will give you details on your treatment plan.
- The pharmacist will discuss the specific nature of your treatment, as well as its specific adverse side effects.

4 - CHEMOTHERAPY TREATMENT

- The chemotherapy will be administered to you orally, subcutaneously (injection of the medication under the skin), or intravenously (injection of the medication into the veins).
- Nurses who administer chemotherapy wear special protective gowns (blue) and gloves. This clothing protects them from prolonged exposure to chemotherapy medication. There is no need for the person accompanying you to wear special clothing during your treatment because, contrary to the nurse, this person will not be handling medication and will not be exposed to it over long periods of time.
- After your treatment, the nurse will tell you when you can leave.

THE DAY OF YOUR TREATMENT

- Do not make other commitments for the same day.
- Eat normally.
- Wear comfortable, warm clothing even in summer.

PLAN TO BRING

- ☐ Your Medicare and hospital (plum in colour) cards.
- ☐ Someone to accompany you for the day, a person you trust, who will be able to help you understand all of the information that will be given to you. This person's role will be to both accompany you as you go from place to place and provide you with moral support.
- ☐ A snack or cold meal. The CHUS has a cafeteria for the person accompanying you, and they may use one of the microwave ovens available to them in Room 1652-1, in the cafeteria area.
- ☐ A bottle of water.
- ☐ Your medication to be taken during the day.
- ☐ A list of your medications updated by a pharmacist.
- ☐ Items to entertain yourself (books, iPod®, CD player, small games, etc.). Note that free Wi-Fi connection is available.
- ☐ Earphones to connect to the TV at your treatment chair. If you don't have earphones, we sell them at a cost of \$5. You can bring them back for each treatment.
- ☐ A warm sweater.
- ☐ In winter, shoes or slippers for your comfort.

CHEMOTHERAPY CENTER

How to get there

7TH FLOOR OF THE CHUS – FLEURIMONT HOSPITAL

- From the main lobby (main level, also indicated as the 2nd floor), take the corridor to the left of the main block of elevators;
- go by Bistro Sodexo keeping to your right and go to the end of the corridor;
- take the elevator up to the 7th floor;
- enter via the door on the LEFT, identified as Accueil hématologie – Chimiothérapie.

* Register at the reception desk each time you arrive for an appointment.

The Center's rules

In treatment areas

- Only one person may accompany each patient.
- No accompanying children under 12 years of age.
- Any woman accompanying you must not be pregnant or breastfeeding.

Important telephone numbers

TO CHANGE YOUR APPOINTMENT

Call 819-346-1110, ext. 14688.

FOR QUESTIONS ABOUT YOUR HEALTH RELATED TO YOUR TREATMENT

Weekdays

Contact your pivot nurse or call 819-346-1110, ext. 13333.

Evenings, weekends, and holidays

Contact the oncology unit 7C at 819-346-1110, ext. 14655 or 14656.

FOR QUESTIONS ABOUT BLOOD TEST RESULTS

Call 819-346-1110, ext. 14134.

TO LEAVE A MESSAGE FOR YOUR ATTENDING PHYSICIAN

(e.g., renewing a prescription)

Call the medical secretary at 819-346-1110.

For Dr. Annie Beaudoin, call ext. 23553

For Dr. Frédéric Lemay, call ext. 25501

FOR QUESTIONS FOR YOUR ONCOLOGY PHARMACIST

Call 819-346-1110, ext. 14136.

FOR ANY OTHER HEALTH ISSUE

- Info-Santé at 8-1-1
- Your family physician

Teams at your service

The CHUS' interdisciplinary oncology teams are composed of attending physicians, consulting physicians, pivot nurses, social workers, psychologists, nutritionists, sexologists, physiotherapists, and occupational therapists.

They provide specialized professional help to facilitate the psychosocial and spiritual adjustment of individuals affected by cancer.

To reach them, call **819-346-1110, ext. 13333**.

If you need help

You can contact any of the organizations on the following page. They will welcome and guide you according to your needs.



FONDATION QUÉBÉCOISE DU CANCER

819-822-2125 or 1-800-363-0063

fqc.qc.ca

- Accommodations
- Information and documentation
- Telephone peer support
- Kinesiology: adapted physical activities and talks on lifestyles
- Massage therapy
- Art therapy
- Look Good Feel Better support group
- Brain tumour support group

LA ROSE DES VENTS DE L'ESTRIE

819-823-9996

rosedesvents.com

- Escort-transportation
- Physical fitness workshops
- Listening and information/referral
- Helping relationship
- Friendly home visits
- Self-development and support workshops
- Respite for the family
- Support to those in mourning
- Family and social aid services
- Financial assistance from the Fondation Claude-Durocher

CANADIAN CANCER SOCIETY

819-562-8869 or 1-888-939-3333

cancer.ca

- Information and documentation
- Peer emotional support by phone
- Support group
- Various workshops
- Financial help
- Loan of wigs
- Breast prostheses
- Care accessories



A team that takes care of you!

Don't hesitate to play a role in your health care.
Tell us if you have questions or concerns.
A range of professionals can meet your needs.

Chemotherapy Center

7th floor, CHUS – Fleurimont Hospital
3001 12^e Avenue N.
Sherbrooke QC J1H 5N4
819-346-1110, ext. 15174

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