

appointments scheduled before treatment. You will receive a continuous infusion pump training manual at this session. The manual contains information specific to your pump and its alarms and settings, the supplies necessary, changing batteries and when to call for help. The doctors will review all of this information with you at the teaching appointment.

### **Coordination**

**The infusSystem company provides the supplies, and 24/7 support services through the phone 1-800-962-9656**

### ***Where will I receive my chemotherapy pump treatment?***

You will be connected to the pump and the continuous infusion at the end of your chemotherapy treatment by oncology nurse at infusion center.

### ***How long will I be there?***

Patients who receive continuous infusion chemotherapy will need more time for their appointment. This additional appointment time is used for the following activities:

- learning how to manage the infusion pump at home
- identification and referral to the home care agency that will provide your care in the home
- setting up the infusion pump and verifying it's calibrations and settings

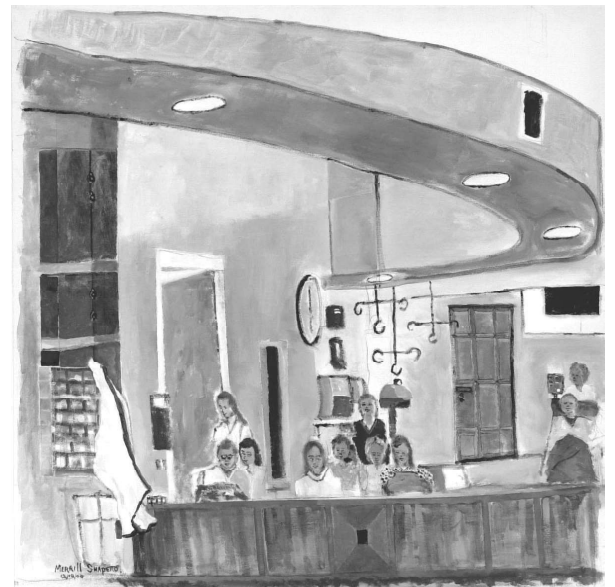
It is best to plan on spending most of the day at the center for your first chemotherapy treatment. Some patients may have their treatment finished in several hours, but this is difficult to predict. Once you have received the first treatment, the staff will be better able to predict how long you should allow for all following treatments.

# After Chemotherapy Treatment

Once your infusion is completed you will be sent home. Your doctor will review what is normal to experience after treatment when you discuss your chemotherapy plan. The [A Guide to Chemotherapy](#) book is a valuable resource during the time after chemotherapy. Refer to it for any questions and then contact your health care team if you don't find answers. Your doctor and nurses are available at the 818-616-3998.

## **What can I expect?**

It is normal to be worried about the possible side effects of chemotherapy. These feelings can be overwhelming before chemotherapy begins. It is important to discuss your concerns with your doctor. Remember that not all patients experience side effects. In fact, many people have few or no side effects from their treatment. The severity and type of side effects that occur will depend on the treatment you are receiving.



Even though some side effects might be expected, you should always notify your doctor if any side effects occur.

Review the [A Guide to Chemotherapy](#) before you begin your treatment. You will find a detailed description of some of the common side effects of chemotherapy, how to prevent them as well as how to manage them. Your health care team will continue to provide information to you as you progress through your treatments. Remember that

each chemotherapy treatment is different, and every patient will face different obstacles.

### ***When should I contact my doctor?***

Notify your doctor for the following:

- Shaking chills or fever  
(a temperature of 101° F or 38.3° C)  
**Notify your doctor immediately if you develop a temperature, do not delay.**
- Unusual cough, sore throat, lung congestion or shortness of breath
- Burning discomfort when you urinate
- Redness, pain or sores in your mouth
- Nausea, vomiting or inability to eat or drink for more than 24 hours.
- Diarrhea (loose, watery stools) for more than 24 hours.
- Constipation (no bowel movement in 2-3 days)
- Bleeding or unusual bruising
- Pain not controlled by your current medications
- Any new or unusual symptom that concerns you

Notify your doctor , even one that might be expected. Phone 818-616-3998

### **For Pump Problems:**

The infusSystem company provides the supplies, and 24/7 support services through the phone 1-800-962-9656 .

Or call physician at 818-616-3998.

## ***Precautions in the Home After Chemotherapy Treatment***

Precautions need to be taken to protect you and your caregivers from contacting the chemotherapy medicine. Chemotherapy leaves the body through urine, vomit, blood and stool. Most chemotherapy medications will be out of your body in less than 48 hours.

We have outlined general precautions that you should follow during your infusion and for 2 days (48 hours) after your chemotherapy is done. In general, these precautions help you avoid all body fluids that may contain chemotherapy. Please talk to your health care team if you have questions about chemotherapy precautions.

### **Hazardous Waste Container**

Place a container in your home to hold soiled gloves, dressings and items such as diapers that contain body wastes. The size of the container will vary by the amount of supplies you are using.

Hazardous waste containers should be made of heavy, puncture-proof plastic, have a lid and be marked "Hazardous Waste" for safety. Store it out of reach of children.

Your local health department or public safety department can describe local codes or ordinances regarding disposing of hazardous waste containers. Regulations prohibit the UM from accepting your containers for disposal.

### **Laundry**

Use gloves to handle laundry soiled with chemotherapy to keep it from contacting your skin. Wash any soiled linen or clothes right away in your washer with your regular soap. If you do not have a washer, place the soiled items in a plastic bag until they can be washed. Discard the gloves in the hazardous waste container.

## **Skin Care**

Skin can become irritated from the chemotherapy. If you get chemotherapy or body wastes on your skin, wash the area with soap and water, then dry. Call your doctor if there is redness or irritation on the skin that lasts longer than one hour.

## **Body Wastes**

Small amounts of chemotherapy are present in urine, stool, and vomit. If you are exposed to any body wastes, wash the area with soap and water. Others in your household may use the same toilet as long as all waste is flushed down the toilet. If you use a commode, bedpan, urinal or a basin for vomiting, wear gloves when emptying the waste, rinse the container with water and clean it at least once a day with soap and water.

If you do not have control of your bladder or bowels, use a disposable, plastic-backed pad, diaper or sheet to absorb urine and stool. When it becomes soiled, change immediately and wash the skin with soap and water.

If you have an ostomy, wear gloves when emptying and changing the appliance. Diapers, pads and gloves soiled with chemotherapy wastes should be disposed of in the hazardous waste container.

If body wastes splash into your eyes, flush them immediately with water for 10 to 15 minutes and call your doctor.

## **Pregnant and/or Breast Feeding Caregivers**

Pregnant or breast feeding women should wear gloves and gowns when caring for patients receiving chemotherapy. This includes changing chemotherapy bags, discarding wastes and cleaning body substances such as diapers and “baby spit”.

## **Sexual Activity and Pregnancy**

You should not have sexual activity for 48 hours after receiving chemotherapy because body fluids may contain chemotherapy.

It is very important that you or your partner not get pregnant while having chemotherapy. You should use 2 forms of birth control to avoid pregnancy while you are using this medicine and for at least 6 months after your treatment ends. This is very important for both men and women. Notify your physician if pregnancy occurs while you are receiving cancer treatment.

## **Hand Washing**

Hand washing is one of the most important things you can do to prevent infection.

Wash your hands before and after the following:

- Eating
- Preparing food
- Going to the bathroom
- Touching body fluids (yours and others) such as blowing your nose
- Working with plants or soil
- Using gloves for a task or procedure

Antiseptic hand lotions or gels can be better at killing germs.

They should NOT be used if your hands are visibly soiled or have body fluids (such as blood) on them, use liquid soap and water instead.

Off-brand hand gels can be less expensive.

Always check the label for the gel or lotion to contain either ethyl alcohol (ethanol), normal propyl alcohol (n-propyl) or isopropyl alcohol in concentrations between 60-90%.

## **Supplies:**

Antibacterial soap or antiseptic lotion / gel that do not require water

Paper towel

## **Procedure for using antibacterial soap:**

1. Wet your hands and wrists under running water.

2. Scrub vigorously with an antibacterial soap for 10 seconds. Work lather between fingers, under nails, over palms and on backs of hands and wrists.
3. Rinse hands and wrists and dry with a clean paper towel.
4. Turn off faucet with a paper towel.

Singing one chorus of  
"Happy Birthday to You"  
while washing your  
hands.... This usually takes  
about 10 seconds!

**Procedure for using antiseptic lotions and gels:**

1. Place lotion or gel on the palm of your hand
2. Rub vigorously for 10 seconds. Work lotion or gel between fingers, under nails, over palms and on backs of hands and wrists.
3. Let your hands air dry.

***Facing Forward After Chemotherapy Treatment***

The end of cancer treatment is often a time to rejoice. You are probably relieved to be finished with the demands of treatment and are ready to put the experience behind you. Yet at the same time, you may feel sad and worried. It's common to be concerned about whether the cancer will come back and what you should do after treatment.

When treatment ends, you may expect life to return to the way it was before you were diagnosed with cancer. But it can take time to recover. You may have permanent scars on your body, or you may not be able to do some things you once did easily. Or you may even have emotional scars from going through so much. You may find that others think of you differently now - or you may view yourself in a different way.

One of the hardest things after treatment is not knowing what happens next. Many cancer survivors feel that they had lots of information and support during their illness, once treatment stopped, they enter a whole new world - one filled with new questions.

There are a number of resources available to help you once you complete your chemotherapy treatment including:

### **Patient Education Resource**

**All education materials are available at the consultation room, infusion center, and online. If you need a copy of the book, feel free to ask front desk for a copy.**

# Resources

There are many resources available to patients and their families at the that will help you throughout your treatment.

These services include:

Chemotherapy education materials

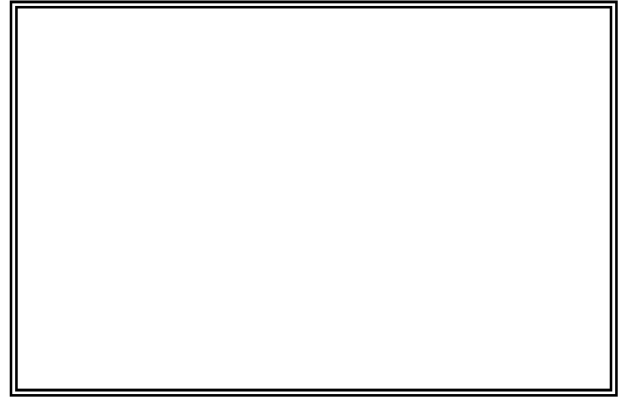
Psychosocial services resources

Nutrition cook books

Free Sample and coupons of nutrition supplements

Referral to dietitian

- 
- 
- 
- 
- 
- 



## Fertility Program

Some men and women who receive chemotherapy become infertile, which means they are unable to have children. If you plan to have children, talk to your doctor before your treatment begins. Doctors will refer you to infertility clinics.