



Starting chemotherapy

YOUR FIRST DAY OF TREATMENT

STARTING CHEMOTHERAPY

Your first day of treatment

How do I get ready?

- Eat a light meal.
- Come to your appointment on time.
- Wear comfortable clothes. You will have an IV, so please wear something that allows us to reach your arm or central line easily.

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Your first day of treatment

What should I bring?

- A small cooler with snacks and drinks
- Someone to sit with you and drive you home
- Any regular medications you will need to take during the day
- A laptop or tablet computer, if you have one
- Headphones or earbuds, if you want to watch movies or listen to music



STARTING CHEMOTHERAPY

Your first day of treatment

What happens when I get to the clinic?

1. A medical assistant will weigh you, take your temperature, and check your blood pressure and breathing.
2. After your labs are reviewed, we will order your chemotherapy drugs from the pharmacy.



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Your first day of treatment

What happens when I get to the clinic?

3. You will be given medications to take before starting your treatment, if needed. Two different nurses will check your name, personal information and the medication you are receiving. One of the nurses will be wearing a gown and gloves for their protection.



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Your first day of treatment

What happens when I get to the clinic?

4. You will get your chemotherapy through an IV when it comes from the pharmacy. This can take between 10 minutes and 8 hours depending on how your treatment is ordered. Some treatments will also require you to go home with a small pump which will continue to give you the chemotherapy after you leave the clinic.



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Your first day of treatment

How will I know what to do at home?

- A nurse will educate or reinforce what to do at home. They will review written materials with you.
- Pharmacists or other member of medical care team will talk with you about any medications you will take at home.
- We will send prescriptions for any other medications to your pharmacy. You can ask your pharmacist or call us with any questions.



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Your next two days

After your first day of treatment, please do the things below:

- Keep washing your hands often. Wash after you use the bathroom, before preparing food, and before or after you eat.
- Close the toilet lid after you use the bathroom. Flush the toilet twice, with the lid closed the entire time.



STARTING CHEMOTHERAPY

For the next two days

After your first day of treatment, please do the things below:

- Wash towels and sheets with any body fluids on them separately from your family's other clothes. Body fluids include urine (pee), vomit, blood or stool (poop).
- If cleaning up urine (pee), vomit, blood or stool (poop), use disposable gloves. Throw the gloves away when you finish cleaning up. Wash your hands.

If you are a caregiver who is pregnant, breastfeeding or trying to become pregnant, talk with the doctor or nurse. You need to take extra steps to avoid touching chemotherapy drugs. Please call us with any questions.



STARTING CHEMOTHERAPY

Contacting your team

- Hematology & Medical Oncology Clinic
Center for Health and Healing, Building 2 **503-494-6594**
- Center for Hematologic Malignancies Clinic
Center for Health and Healing, Building 2 **503-494-5058**
Triage Nurse **503-418-0669***
–If your caregiver becomes sick, please call the triage line
for advice on how to stay safe

*These phone numbers will connect you to the on-call physician when the clinic is closed.



STARTING CHEMOTHERAPY

Contacting your Community Hematology/Oncology (CHO) team

Regular clinic hours are 7 a.m.–5:30 p.m.

Beaverton Clinic

15700 S.W. Greystone Court, Beaverton, OR 97006

971-262-9000

East Portland (Adventist) Clinic

10000 SE Main St., Suite 350 Portland, OR 97216

971-262-9800

Gresham (Mt. Hood) Clinic

24988 SE Stark St., Suite 140 Gresham, OR 97030

971-262-9500

Northwest (Good Samaritan) Clinic

1130 NW 22nd Ave., Suite 150 Portland, OR 97210

971-262-9600

Tualatin (Meridian) Clinic

19260 SW 65th Ave. Suite 140 Tualatin, OR 97062

971-262-9700

A provider is available for emergencies after-hours (before 7 a.m. & after 5:30 p.m.) through your clinic phone number.

Thank you!

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Certificate of Completion

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DATE