

# Infusion Day Checklist

For chemotherapy, immunotherapy, and other infusions. Use it the day before, the day of, and after.

| NAME | TREATMENT / REGIMEN | INFUSION CENTER PHONE |
|------|---------------------|-----------------------|
|      |                     |                       |

## 1 The day before

- |                                                                                                                                    |                                                                                              |
|------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------|
| <input type="checkbox"/> I called to confirm my labs are done and current.                                                         | <input type="checkbox"/> I confirmed my treatment order is in for tomorrow.                  |
| <input type="checkbox"/> I asked whether the insurance approval is in place for this visit.                                        | <input type="checkbox"/> I confirmed my arrival time and about how long the visit will take. |
| <input type="checkbox"/> I asked whether I will get medicines that can make me drowsy, and whether I need a driver. <sup>1</sup>   | <input type="checkbox"/> I arranged my ride there and home, plus a backup person.            |
| <input type="checkbox"/> I asked whether to take anything at home first (for example, anti-nausea medicine or port numbing cream). | <input type="checkbox"/> I packed my bag (see below) and wrote my questions down.            |

| WHO I SPOKE WITH / TIME OF CALL | DRIVER / PHONE | BACKUP DRIVER / PHONE |
|---------------------------------|----------------|-----------------------|
|                                 |                |                       |

### TRU-TIP • Call the day before every infusion

Your treatment is mixed for you on the day you get it, based on your weight, your labs, and the doctor's order. If your labs are too old or the order is missing, the visit can be canceled after you are already in the chair, sometimes after your port is accessed. A short call the day before can prevent it.<sup>1</sup>

## 2 What to wear

- |                                                                                                                             |                                                                                                                           |
|-----------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------|
| <input type="checkbox"/> A zip-up or button-front top (not a pullover), so the nurse can reach a chest port. <sup>1,6</sup> | <input type="checkbox"/> Short or loose sleeves that roll up, if I have a PICC line or get an IV in the arm. <sup>1</sup> |
| <input type="checkbox"/> Layers and warm socks. Infusion rooms are often cold. <sup>1,6</sup>                               | <input type="checkbox"/> Loose, comfortable pants and slip-on shoes. <sup>1</sup>                                         |

## 3 What to bring

- |                                                                                |                                                                               |
|--------------------------------------------------------------------------------|-------------------------------------------------------------------------------|
| <input type="checkbox"/> Insurance card and photo ID                           | <input type="checkbox"/> My medicine list, including vitamins and supplements |
| <input type="checkbox"/> Any pills I need to take during the day               | <input type="checkbox"/> After-hours oncology phone number                    |
| <input type="checkbox"/> Water bottle and snacks I tolerate (no strong smells) | <input type="checkbox"/> Phone and charger, headphones                        |
| <input type="checkbox"/> Something to do: book, tablet, puzzles                | <input type="checkbox"/> A blanket or small pillow from home                  |
| <input type="checkbox"/> Unscented lip balm and lotion                         | <input type="checkbox"/> My questions for today, and something to write on    |

## 4 What to leave at home

- |                                                                                                                         |                                                                                                    |
|-------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------|
| <input type="checkbox"/> Perfume, cologne, or scented lotion. Smells can trigger nausea for me and others. <sup>1</sup> | <input type="checkbox"/> Strong-smelling foods. Check for nut rules in shared spaces. <sup>1</sup> |
| <input type="checkbox"/> Valuables and jewelry I do not need                                                            | <input type="checkbox"/> Plans to drive myself home until my team says it is OK. <sup>1</sup>      |

### TRU-TIP • Apply for copay help as early as possible

Drug maker programs and foundations can lower what you pay, but applications take time and funds can run out. Ask your financial counselor about them before your first treatment, and keep copies of what you send.<sup>1</sup>

MY QUESTIONS FOR TODAY'S VISIT

**TELL THE NURSE RIGHT AWAY**

☐ I asked what I am getting today, including pre-medicines.

☐ I asked for my next lab date and next infusion date.

☐ I asked which side effects to expect, and which mean call.

☐ I asked about each home medicine: “Do I take this on a schedule, or only when I feel sick?”<sup>1,5</sup>

**FEVER OF 100.4°F (38°C) OR HIGHER: CALL YOUR ONCOLOGY TEAM RIGHT AWAY**

☐ Shaking chills, even without a fever: call now.<sup>1</sup>

☐ Redness, swelling, pain, or drainage at the port or IV site: call.<sup>4</sup>

☐ Can't keep fluids down for several hours: call.<sup>1</sup>

☐ Rash, itching, or breathing changes hours or days later: call.<sup>2</sup>

Many pre-medicine plans include a steroid. Steroids can raise blood sugar, often more in the afternoon and evening than in the morning, even if you do not have diabetes. They can also make sleep hard. If you have diabetes, ask whether to check your sugar more often on steroid days.<sup>1,6</sup>

[illegible]

Sources: 1. Chuck Kinney, Infusing Hope (SynquUp) · 2. American Cancer Society, Infusion Reactions ([cancer.org/cancer/managing-cancer/side-effects/infusion-immune-reactions.html](https://cancer.org/cancer/managing-cancer/side-effects/infusion-immune-reactions.html)) · 3. CDC, Watch Out for Fever ([cdc.gov/cancer-preventing-infections/patients/fever.html](https://cdc.gov/cancer-preventing-infections/patients/fever.html)) · 4. NCI, Infection and Neutropenia during Cancer Treatment ([cancer.gov/about-cancer/treatment/side-effects/infection](https://cancer.gov/about-cancer/treatment/side-effects/infection)) · 5. NCI, Nausea and Vomiting ([cancer.gov/about-cancer/treatment/side-effects/nausea](https://cancer.gov/about-cancer/treatment/side-effects/nausea)) · 6. SynquUp™ Oncology Emergency Life Binder