

Oral Chemo at Home

Cancer treatment you take by mouth still needs a plan. Fill this in with your oncology team.

NAME / PERSON THIS SHEET IS FOR

ONCOLOGY TEAM PHONE (24-HOUR)

START DATE

1 My oral cancer medicine

MEDICINE NAME AND STRENGTH

HOW MUCH, HOW OFTEN, AND WHAT TIME

WITH FOOD, WITHOUT FOOD, OR EITHER?

DAYS ON / DAYS OFF (CYCLE)

SPECIALTY PHARMACY AND PHONE

REFILL: WHEN TO CALL, AND WHO APPROVES IT

2 Questions to ask my team before I start

- ☐ What do I do if I miss a dose or throw up after taking it?
- ☐ Which other medicines, supplements, foods, or drinks should I avoid?
- ☐ Which side effects mean call right away, and which can wait until my next visit?
- ☐ Can I split, crush, or open it? (Most are swallowed whole.)
- ☐ Do my caregivers need gloves, and how long should we take care with body fluids at home?
- ☐ How do I get rid of leftover pills safely?

MISSED OR VOMITED DOSE: WHAT MY TEAM TOLD ME TO DO

TRU-TIP • Never double up to catch up

Unless your oncology team tells you otherwise, do not take an extra dose to make up for a missed one. Write down what happened, and call your team. Most oral cancer medicines are as strong as IV chemo, and the dose matters.¹

3 Safe handling at home

- ☐ I wash my hands before and after touching the pills.
- ☐ Caregivers wear gloves if they touch the pills.
- ☐ I never put leftovers in the trash or toilet. I return them as told.
- ☐ I keep them in the original bottle, away from children and pets.
- ☐ I keep them away from heat and moisture (not in the bathroom).
- ☐ I keep this sheet with my medicine.

4 Side effects to report

Side effect my team told me to watch for

Call right away if...

NOTES

5 Daily dose log

Check off each dose as you take it. Bring this log to every visit.

[illegible]

TRU-TIP • Bring the empty bottles

At each visit, bring your bottles and this log. Your team can match what you took against what was ordered, and catch problems early, before they turn into an ER visit.³

Want to go further? *Infusing Hope* and the SynquUp™ Oncology Emergency Life Binder by Chuck Kinney keep every treatment, medicine, lab, and contact organized through every cycle. Free tools: chuckkinney.com/free

Be Proactive. Not Reactive.