

# CHEMO TOOLS



## Accept help with open arms

When you begin chemotherapy, friends, family and even casual acquaintances will ask you, "What can I do to help?" If you're the kind of person who hates to ask for assistance, think of it this way: Allowing people to help is a gift you can give others. Friendship is a matter of give and take, so you're letting your friends give back to you—for your sake and for theirs.



## Your Chemo Checklist

Before you head to your chemo treatment, review this list of things to bring with you to make the experience as pleasant as possible.

\*Quick Tip: Pack an enjoyable portable activity to help occupy your mind.

- Family member or friend to keep you company
- Insurance and hospital registration cards
- Names and addresses of your referring physician and primary care doctor
- List of your medications
- Book
- Chemo calendar or daily planner
- Shawl or sweater
- Pillow or favorite blanket
- Portable CD/DVD player or MP3 player
- Handheld game
- Knitting, sewing or crocheting project
- Bag lunch or snacks
- Water or a fizzy drink to help curb nausea
- Laptop to catch up on emails
- Stationery to write thank-you notes
- Journal or diary
- Tape recorder or notebook to record your doctor's instructions