



Preparing For Chemotherapy

 **OU Health** | Stephenson
Cancer Center

A Department of University of Oklahoma Medical Center

Thank you for choosing OU Health Stephenson Cancer Center to be part of your cancer treatment experience.

At Stephenson Cancer Center, we understand that you may have many emotions and questions about your chemotherapy experience.

Our team of physicians, advanced practice providers, pharmacists, nurses, and financial navigators will be here to support you through every step of your journey. Providing the best in patient-centered cancer care is our top priority.

Financial Navigation: (405) 271-3863

Social Services: (405) 271-5099

We are here to assist you with scheduling your infusion appointments, answering any questions you may have about your chemo treatment, and connecting you with valuable resources such as supportive care services.

We hope this booklet will help you learn about the services we have available and prepare for your first treatment.

If you have any questions, please contact us.

**OU Health Stephenson Cancer Center
Chemotherapy & Infusion Center
405-271-3402.**

For further questions related to your treatment, please call your provider.

If your first chemotherapy appointment has not yet been scheduled, our team will contact you in the next few days to discuss your appointment time.





Before Each Appointment

Please complete the following items before each chemotherapy appointment.

1. Have Your Labs Drawn

Lab work must be completed within 72 hours of each scheduled chemotherapy treatment.

You have many options to complete your labs:

- You can have your labs drawn at an outside lab. Please ask your cancer care clinic for an order slip to take with you to the outside lab. Your results can be faxed to **(405) 271-2491**.
- The floor 2 lab at Stephenson Cancer Center accepts walk-ins. Please arrive at least 3 hours before your chemotherapy appointment to have your labs done. The lab does not draw blood from ports.
- If you have a port, you can make an appointment to have your labs drawn in the Stephenson Cancer Center Infusion Center. Please call **(405) 271-3402** to schedule an appointment.

2. Plan Your Transportation

Please remember to make transportation arrangements before each appointment.

Chemo involves many different medications that may be new to your body.

It is recommended that someone drive you to and from appointments until you see how the treatment may affect you.

Please ask your care team if there are any guidelines you need to follow.

3. Arrange Support

If you wish to have additional support during treatment, you are welcome to invite a loved one to join you during your appointment.

For the safety and privacy of all patients in our infusion center, you may bring only one person with you. Please note that children under the age of 16 are not permitted in the treatment area.

4. Document Questions

We understand that you are learning a lot of new information. Please write down any questions that you have and bring them to your appointment. Our skilled nurses will be happy to help.

5. Pack a few personal items to keep you comfortable.

Pack a small bag with items to keep you comfortable during treatment. This can include beverages, snacks, personal entertainment items, and any medications you may need to take during your appointment.

The infusion center does not stock over-the-counter or pain medications. Please bring any medications you may need from home.

When You Arrive

Before You Arrive

Wear comfortable clothes. We recommend that you dress in layers and select garments that allow easy access to your arms or port, if applicable.

Check-In

Plan to arrive at least 15 minutes prior to your scheduled appointment time. This will give you plenty of time to park and check in for your chemotherapy appointment at the Chemotherapy and Infusion Center on the third floor.

For your safety, our staff will verify your information, place an armband on your wrist and provide your caregiver with a name tag. After a few minutes, a staff member will walk you back to the infusion center.

Vital Signs

Your safety is our top priority. When you enter the infusion center, we will record your height, weight and vital signs.

This information ensures accurate preparation of your chemotherapy agents.

Your Nurse

The infusion center is arranged so that your nurse will be close by at all times. You may be seated in a new area during each treatment, but all of our staff look forward to providing you with excellent care.

Medication Preparation

Using the information collected by your nurse at check-in, our in-house pharmacists precisely mix your chemotherapy agents. We appreciate your patience as this process may take 30-60 minutes to complete.

Treatment Will Begin

Treatment times vary depending on individual treatment regimens. Before your appointment, you will receive information about the time required for your treatment. Ask your nurse any questions you may have about the estimated infusion time.

Checkout

When treatment is complete, please confirm your next scheduled appointment time.

If you have any questions, please ask your infusion nurse.

Feedback

Your feedback helps us improve. Once each month, you will receive a short survey about the infusion center. This monthly survey will encompass all appointments from that month. We hope that you will take a few minutes to tell us your thoughts.

If you would like to give us your feedback in person, please ask to speak with the Infusion Nurse Manager or call us at **(405) 271-3402**.





Chemotherapy and Infusion Center
OU Health Stephenson Cancer Center, Floor 3
Clinic Hours: Monday - Friday, 7 a.m. - 6 p.m.
Phone Hours: Monday - Friday, 8 a.m. - 4:30 p.m.
To schedule, call (405) 271-3402

Frequently Asked Questions

What Is Chemotherapy? What Is An Infusion?

Chemotherapy, also known as chemo, uses a mixture of medicines to treat cancer. Certain types of chemotherapy may be given by mouth in pill form, while others are given through an infusion treatment (through a vein or port).

Will The Infusion Center Be Open On Holidays?

The Chemotherapy and Infusion Center is closed on some holidays. If your regularly scheduled treatment falls on a day we are closed, our staff will reschedule your appointment as needed.

Is The Infusion Center Open During Inclement Weather?

In the event of inclement weather, please contact the clinic at [\(405\) 271-3402](tel:405-271-3402) to verify we are open before traveling to your appointment.

Who Should I Contact With A Medical Concern Or Question?

While our infusion center provides your chemotherapy treatments, your care is managed through your cancer care clinic. Please contact your oncologist directly to discuss questions about your type of chemotherapy, potential side effects, and any other medical concerns.

If you need to reach your cancer care clinic after hours, please call [\(405\) 271-1112](tel:405-271-1112) and leave a message for the on-call physician, including your name, a call-back number, and a brief message. The on-call physician will return your call. If you do not receive a call within 10 minutes, please call again.

In case of a medical emergency, please call 911 or go to your nearest emergency department.



What Happens If I Miss An Infusion Appointment?

It is important to come to all of your appointments. If you have to miss an appointment, call **(405) 271-3402**. We will work with you to reschedule your appointment.

What Should I Wear To Treatment?

Please dress in comfortable layers as the infusion center can be chilly. Remember to wear clothing that allows easy access to your arms and port, if applicable.

Can I Eat During Treatment?

Please feel free to bring food and snacks to enjoy during treatment. The infusion center will also have snacks and beverages available for you.

Will I Take My Regular Medications During Infusion Treatments?

Yes. Please make sure that your treatment team has an accurate list of your current medications. If your infusion appointment is scheduled during the time you would normally take your medications, please bring them with you. The infusion center does not stock routine medicines that you may be taking.

How Long Will My Treatment Take?

Our nurses will take their time to provide you with the best care possible. We will complete several steps each time you visit the infusion center. Many of these steps are for your safety.

Estimated Time in the Infusion Center

Vital Signs: 10 minutes
Meet Your Nurse: 5 minutes
Safety Checks: 30-120 minutes
Medication Mixing: 30-60 minutes
Infusion of Medications: This time will vary depending on the type of drug that you receive.
Check Out: 5 minutes

We encourage you to bring a loved one to your appointment to keep you company. You are also welcome to bring tablets, books or other items for entertainment.



What Can I Do During Treatment?

Please feel free to bring items for your personal entertainment such as books, tablets, and electronic devices. We want you to be comfortable during your time with us. You may access our WiFi network for free, but please remember to bring headphones so that you do not disrupt others around you.

Can I Bring A Friend Or Loved One With Me During Infusion Treatment?

Yes! We encourage you to bring a loved one or friend to sit with you during treatment, especially for your first appointment. For the safety and privacy of our other patients, we ask that you bring only one person at a time.

All visitors must be over the age of 16.

If you would like to discuss our visitor policy, or request exceptions due to a special circumstance, please call the infusion center at **(405) 271-3402** for more information.

Can I Bring My Children With Me To Treatment?

For the safety of our patients, children under the age of 16 are not permitted in the infusion area.

How Am I Going To Pay For My Chemotherapy Treatment?

OU Health Stephenson Cancer Center has access to many resources that may be helpful. Prior to your first chemotherapy treatment, your insurance coverage and out-of-pocket payments will be assessed by our financial navigation team.

If financial support is needed, our navigators will explore with you any co-pay assistance programs that may be available. Support programs will vary depending on your level of income and other eligibility requirements.

Caregiving For A Loved One

If someone you love is preparing for chemotherapy, there are many ways that you can provide help and support.

1 / Review the information that has been provided to your loved one by his or her care team. Knowing what to expect can help reduce anxiety so that you both feel more prepared for treatment.

For more information about cancer treatment and chemotherapy, visit stephensoncancercenter.org.

2 / Create a schedule of appointments. Make a list of clinic appointments, lab work, scans and other cancer-related treatments. Create an easy-to-read calendar and provide copies to people who may be assisting with transportation or other needs.

3 / Ask your loved one about his or her Release of Health Information form and make sure it is current. This form provides his or her healthcare team with a list of close friends and family members who can receive information about his or her medical treatment and healthcare. If you have questions about this form, please contact the cancer care clinic.

4 / Meals and transportation are areas where help is especially valuable during this time. Resources, such as mealtrain.com, allow friends and acquaintances to sign up to provide meals on specific days.

Contact our oncology social work department for information about transportation assistance.

5 / Review the programs and services available for patients and caregivers during treatment. Learn more about our supportive care services, educational classes and events by visiting our website.

6 / Remember that small gestures make a big difference during cancer treatment. Offer to sit with your loved one in the infusion center, write encouraging notes, or bring games and snacks to help keep them comfortable during treatment.

7 / Be intentional about caring for yourself. As a caregiver, you can't afford to neglect your own needs.

You may experience many different emotions during this time. Remember that your feelings are valid, and it's important to find meaningful ways to cope with them. For example, make time regularly to talk to a supportive friend who listens to you.

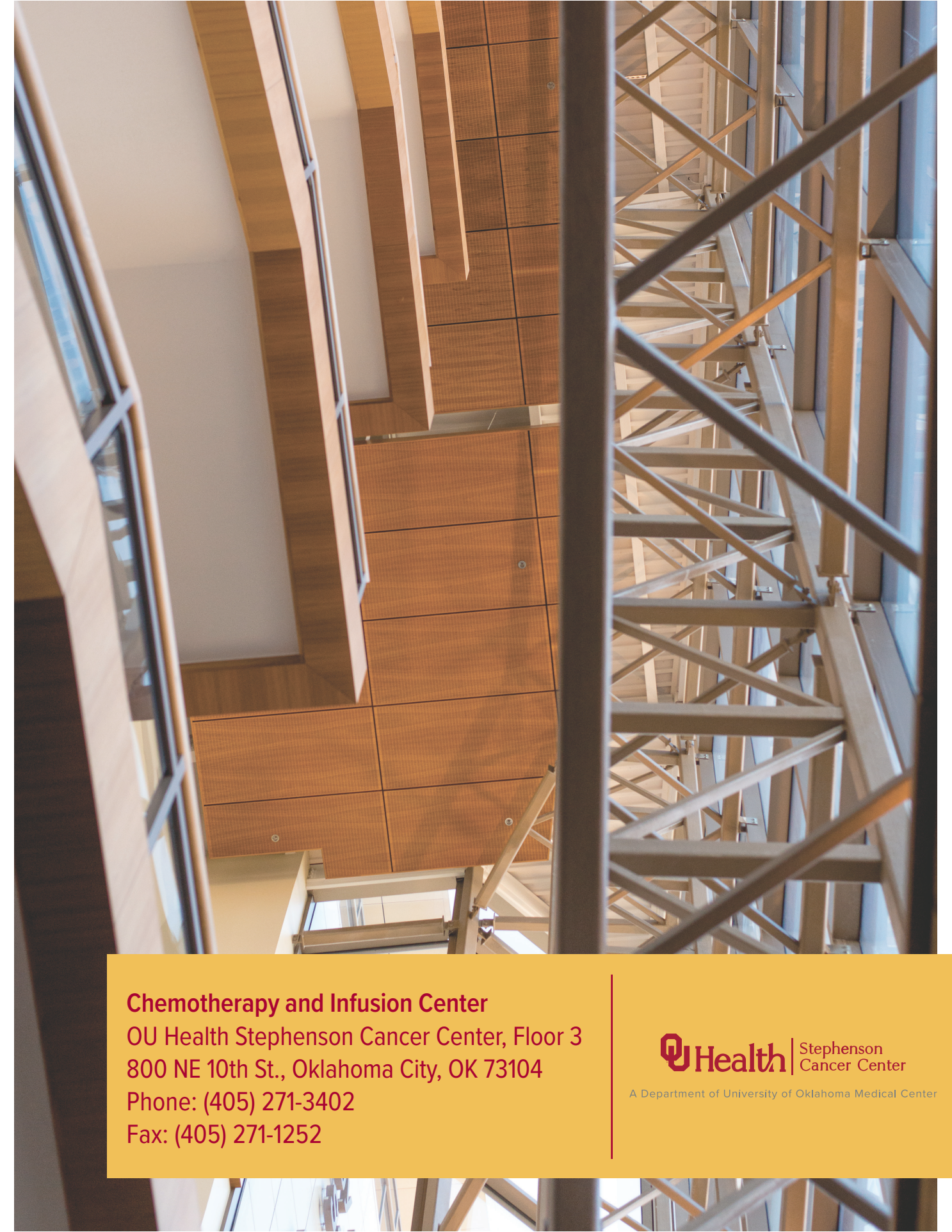
Ask for help when you need it. Most people struggle to manage a range of responsibilities under normal circumstances. Be honest about your expectations. You'll find that even small tasks or errands delegated to trusted friends or family members will make a significant difference.



Notes

Your Treatment Will Include:

Special Instructions:



Chemotherapy and Infusion Center
OU Health Stephenson Cancer Center, Floor 3
800 NE 10th St., Oklahoma City, OK 73104
Phone: (405) 271-3402
Fax: (405) 271-1252

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A Department of University of Oklahoma Medical Center