

Chemo Day Checklist

Below is a list of suggested items you can place in a tote bag or backpack for your days of chemotherapy. In our chemo infusion suites, we have a small assortment of drinks that include Water, Coke, Diet Coke, Sprite, and Ginger Ale. We also have crackers and pretzels to snack on.

- An advocate, family or friend to be there for you.
- Portable notebook/laptop to help pass the time. Free Wi-Fi is available at all four LOA locations.
- iPad/iPod or Kindle
- Headphones
- Portable DVD player with favorite movies
- Small notebook to take notes
- Pen or Pencil
- A list of your current medications (including OTC)
- Extra cotton t-shirt or change of shirt. Preferably a V-Neck or button up for easier port access
- Sweater/layers and sweats. Be comfortable!!
- An insulated lunch bag with snacks or drinks you prefer instead of what LOA offers. (Please eat a light meal before chemo!)
- Travel size pillow
- Travel size blanket. Infusion suite can get cold.
- Anything inspirational to you that may keep you calm, focused and positive!
- Your primary care physician's phone number or possibly their nurse (obtain after-hours phone number)