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HOW TO CONTACT YOUR TEAM

We are here to help, and early intervention can help prevent complications.

Call the **main number** for your provider's office. This number is answered 24/7.

Listen carefully and select the most appropriate option:

- ① **Provider** or a **provider's office** calling
- ② **Scheduling and medical advice:**
 - Any appointment questions and/or questions regarding prescription, symptoms, or medical advice
- ③ **Billing Department**
- ④ **Direct extension:** NOT for patient use

The complex block contains several elements. On the left, there is a dark grey background with white text for the heading "HOW TO CONTACT YOUR TEAM", a sub-headline in italics, and instructions on how to call. A numbered list provides options for contacting the provider, scheduling, billing, or direct extension. On the right, there are two white panels. The top panel shows a smartphone dial pad with a green call button. The middle panel features a cartoon illustration of a smiling call center agent wearing a headset. The bottom panel displays the Compass Oncology logo.

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CANCER TREATMENT

Goals of treatment:

- Cure the cancer
- Control the cancer
- Relieve symptoms from the cancer

Plan of treatment:

- Systemic therapy
- Surgery
- Radiation therapy



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PREPARING FOR TREATMENT

- Your doctor may order tests or procedures that need to be done prior to treatment.
- May want to get dental cleaning (if due) and/or a wig prior
- Labs, provider visit, and treatment will be set up; may not be same day
- Pick up items you may need post treatment
- Arrange transportation for 1st treatment.
- May have 1 visitor for your treatments. No one under 15 allowed in treatment room.
- If you arrive early or late, we may not be able to accommodate your change in schedule.



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PREPARING FOR TREATMENT

Please Do...

- Drink** Drink plenty of fluids the day before and day of treatment. Caffeine is okay in moderation
- Take** Take regular medications
Bring prescription pain medications if you anticipate needing them
- Eat** Eat before your appointment
- Wear** Wear comfortable clothing, light layers
- Bring** Bring something to pass the time
Wi-fi is available: please bring headphones for audio

Please Avoid...

- Fragrance** Strong perfume or cologne
- Vitamins** Mega doses of vitamins
- Supplements** Some herbal supplements for 48 hours before, day of and 48 hours after chemo
- Alcohol** Drinking large amounts of alcohol for 48 hours before, day of, and for 48 hours after chemo



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MY TREATMENT REGIMEN

- Treatment is given on a repeating pattern called a cycle.
- Day 1 is the day you start your cycle
- Some treatments require medication be given on multiple days within a cycle



My Treatment: Every ___ days for ___ cycles

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TREATMENT

Where do I get my treatment?

- Infusion suite at Compass clinic

What's the infusion suite like?

- Open room with other patients and their support person
- Sitting in a reclinable armchair (you may get up to use restroom)
- Warm blankets, snacks and beverages available

What happens in the infusion suite?

- Nurses will start IV or access port and do an assessment
- Once treatment order is verified, pharmacy will start to prepare drugs
- Once drugs are ready, nurse will administer treatment



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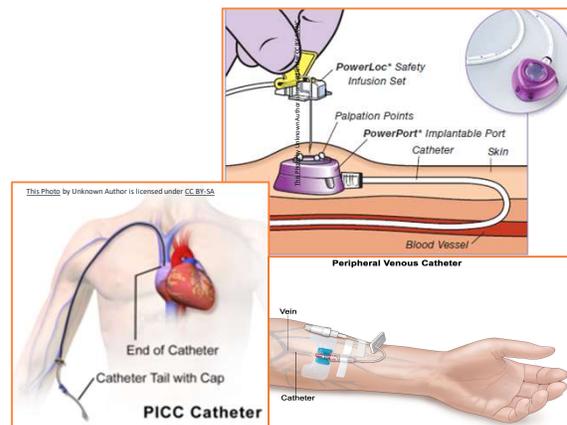
TREATMENT ADMINISTRATION

How is treatment given?

- Pill or Injection or Intravenous
- Intravenous given into the vessel through IV, Port or PICC

Who needs a Port or PICC?

- Required for some treatments
- Procedure to place
- PICC requires a weekly dressing change
- Used for labs and treatments



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CHEMOTHERAPY SAFETY

What Happens?

- Chemotherapy enters the body, is processed and excreted out in bodily fluids over about 48 hours
 - Urine, stool, tears, saliva, vomit, and semen or vaginal secretions
- Caregivers or family members should avoid contact with these fluids

Precautions at home:

- For 48 hours post chemo:
 - Use separate bathroom if possible
 - Wipe toilet seat when done
 - Close the lid before flushing
 - Low pressure toilet → flush twice
 - Use a barrier method (condom) during sex
 - Always wash hands with warm water and soap after using toilet or contact with any body fluids
 - If you have a septic tank/system, it may require extra maintenance due to effects of chemotherapy

The nurses will be wearing gowns and gloves while handling chemotherapy



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INFUSION REACTION

What is an infusion reaction?

- A strong immune response to a cancer medication
- It is NOT an allergic reaction

What medications have a risk for an infusion reaction?

- Paclitaxel, Docetaxel, Platinum agents, Doxil
- Certain targeted treatments and immunotherapies, early in course of treatment

What if I have a reaction during an infusion?

- Nurses will stop your infusion and assess your symptoms
- Nurse will collaborate with your doctor for rescue medication
- You may be given oral pre-medications before future infusions



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TYPES OF TREATMENT

Chemotherapy

- Destroys cells by preventing their growth or multiplication
- Can affect “healthy cells” that grow quickly
 - This leads to side effects of chemotherapy

Targeted Therapies

- Some cancer cells express receptors
- Targeted therapies bind to those receptors for direct cell kill
- Side effects are dependent on target of the therapy

Immunotherapies

- Help the immune system recognize and attack cancer cells
- Side effects are related to over activation of the immune system



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NAUSEA

Why does it happen?

- Chemotherapy stimulates nausea receptors in the brain and GI tract

What do we do about it?

- Based on potential for nausea, certain medications are given
- Medications block pathways preventing vomiting and controlling nausea
- IV anti-nausea medications are given the day of chemo
 - May get 1-3 depending on treatment’s potential for nausea
- At home anti-nausea pills may be prescribed if indicated
 - **Please take as directed by your provider**



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NAUSEA

What else may help?

- Natural remedies
 - Ginger ale, ginger tabs/lozenges, ginger tea, etc
 - Peppermint tea, candies
 - Papaya enzyme- capsule or chewable supplement
- Eat small frequent meals/snacks
- Avoid fatty, spicy, greasy foods and foods with strong odors
 - Bland tends to be better
 - Room temperature foods
- Avoid constipation

CALL IF:

- Uncontrolled nausea
- Inability to eat or drink
- Vomiting



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MOUTH CHANGES

Mouth sores, tenderness, pain

Fast growing cells, which form the protective barrier lining the mouth, can be altered

- May present as blisters or ulcerations
- Painful, quick to heal (about 7 days)
- Possible risk of infection

How do I manage mouth pain/sores?

- Practice oral hygiene to avoid complications
 - Gently brush and floss each day
 - Use gentle, alcohol free toothpaste/mouthwash
 - Avoid spicy, acidic, or crunchy foods
 - Salt water & Baking soda rinse:
 - ¼ tsp baking soda, ¼ tsp salt + 1 Cup warm water
 - Swish and spit 3-4 times a day

Taste changes:

- Wax and wane
- May notice bitter, earthy or metallic taste

Dry Mouth:

- Change of saliva pH
- Stay hydrated
- Use dry mouth rinses (like biotene)



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APPETITE LOSS



What to do?

- Keep pantry and freezer well stocked with quick and easy snacks and meals
- Choose drinks that are nourishing, high in calories, and high in protein
- Eat small amounts throughout day
- Discuss possible medication with doctor

CALL IF

- Lose 5 pounds or more
- Can't eat for more than a day
- Pain with eating



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BOWEL CHANGES: CONSTIPATION

Why does it happen?

- Medications slow down the gut
- Change in diet, hydration, activity level

How do I prevent it?

- Move your body, drink plenty of fluids
- Fiber rich foods
- Smooth Move tea
- Warm liquids
- Over the counter stool softeners or Miralax
 - Colace
 - Senokot-s

CALL IF

- No stool for 2 days
- Only hard small bowel movements
- Abdominal pain/cramping



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BOWEL CHANGES: DIARRHEA

Why does it happen?

- May be caused by certain medications
 - fluorouracil, irinotecan, pertuzumab

How do I manage it?

- Maintain fluid intake, add some electrolytes
- Limit dairy intake
- Over the counter medications
 - Imodium
- Low fiber food-Bananas, Rice, Apple sauce, Toast, also known as BRAT diet

CALL IF

- 3-4 extra, loose BM/day
- Lasts longer than 24 hours
- Blood or mucus in stool



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NUTRITION DURING TREATMENT

What should I eat?

- Well balanced diet
 - Choose myplate.gov
- Adjust based on side effects
 - NCI Eating Hints
- Report all supplements and high dose vitamins to oncologist prior to starting treatment
 - May interact with other medications or interfere with effectiveness of treatment



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HYDRATION

Why should I stay hydrated?

- Prevents constipation and dehydration
- Protects kidneys
- Helps body process treatment

How much should I drink?

- Recommendation is 64 -80oz of fluid/day (8-10 cups)
 - At least ½ should be water
 - Caffeinated beverages in moderation
 - Sports drinks, juice, tea, soup, smoothies, popsicles, protein drinks

CALL IF

- Dizzy
- Lightheaded
- Urinary changes: decreased output, dark urine



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EDEMA

What is edema?

- Extra fluid in the body
- Gravity often pulls the fluid to lower parts of your body-feet/legs (if you stand a lot) or back of thighs/bottom if you sit/lay a lot
- Symptoms may be most noticeable at the end of the day
- Symptoms typically affect both sides of the body
- Symptoms may improve after you have been laying or elevating your legs for several hours

How can I manage edema?

- Stay hydrated
- Minimize salt intake if edema is occurring
- Wear compression socks/stocking during the day
- Move your body as much as you can
- Elevate legs/feet above level of heart when sitting/reclining

CALL IF

- Shoes/pants do not fit (too small)
- Fingers leave pitting marks in skin
- Symptoms persist for more than 3 days



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HAIR LOSS



Why does it happen?

- Chemo impacts fast growing cells including hair
- Each chemo impacts hair differently
 - Complete hair loss on your scalp
 - Thinning only
 - Facial hair, eyebrows, eyelashes

When does it happen?

- Usually starts 2-4 weeks after 1st treatment

Does it come back?

- Recovery starts about 8-12 weeks after last treatment
 - Hair may come back a different tint or texture
 - Okay to use light, non-toxic coloring rinse for first few months

Headwear resources

- Wigs, scarves, caps
- Paxman scalp cooling available
 - Visit www.coldcap.com if interested



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SKIN CHANGES

Why does this happen?

- Skin cells grow fast, so can be affected by chemotherapy
- Some medications can irritate the skin leading to a rash or other skin changes at the infusion site
- Skin may be thinner, fragile, or more sensitive to products
- Some targeted therapies can target receptors that are on both cancer cells and skin cells

Care guidelines:

- Daily cleansing with gentle products
- Apply gentle moisturizers and lotions
- Avoid skin care products that contain alcohol
- Pat skin dry, no rubbing
- Avoid sun exposure
- Prescribed lotions or creams with certain targeted therapies

What can be done about hand and foot syndrome?

- Can occur with 5FU, gemcitabine, doxil
- Palms of hands and soles of feet become reddened/tender, swollen
- Keep skin moisturized and away from exposure to heat
- Avoid exposure to chemicals
- Minimize friction to skin- wear socks with shoes



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NAIL CHANGES

Why does this happen?

- May be related to neuropathy
- Certain chemo; paclitaxel and docetaxel, 5FU
- Certain targeted therapies; amivantamab, cetuximab, panitumumab

What can happen?

- Bumps, ridges, discoloration
- Brittle
- Lifting or peeling

What should I do?

- Keep nails short
- Do not bite fingernails or push back cuticles
- Avoid professional manicures or pedicures
- Use tools to open cans, packaging, etc
- Used prescribed topical applications as ordered by your doctor



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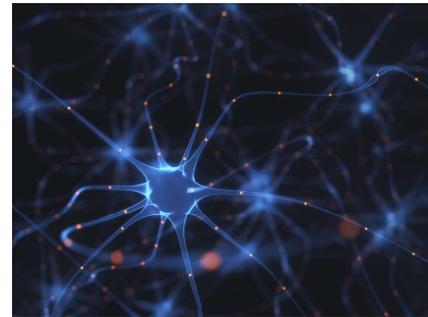
NEUROPATHY

Why does this happen?

- Dysfunction of the nerve cells
- Caused by certain chemotherapies:
 - Paclitaxel, docetaxel, cisplatin, carboplatin, vincristine, oxaliplatin
- Leads to numbness, tingling, difficulty with dexterity, or fine motor skills

When does it happen?

- Cumulative; increases as you go through chemo



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NEUROPATHY

What can be done about it?

- Some providers may recommend specific supplements
- Medications to control symptoms
- Cryotherapy during infusion-encouraged with Paclitaxel, may offer limited benefit with Docetaxel

Does it go away?

- Usually improves once treatment is complete
- May take several weeks or months to improve
- Small percent may experience permanent or worsening neuropathy

CALL IF

- Neuropathy is worsening or affecting quality of life
- Difficulty with balance



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BLOOD WORK

How often is blood work done?

- Blood work/labs are checked on a regular basis depending on treatment
- Typically done on the first day of each cycle

Why?

- Provides information about how your body is doing
 - Electrolytes, liver function, and kidney function
 - Platelets and Red blood cells
 - Immune system (White blood cells)
 - Thyroid function (when receiving immunotherapy)



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PLATELETS

What are platelets?

- Help with the clotting process

What happens?

- Gradual decline throughout treatment
 - Increased risk of bleeding

What can be done?

- Depending on lab results, provider may recommend transfusion
- Bleeding precautions if needed

CALL IF:

- Unusual bleeding or bruising
- Frequent nosebleeds
- Tiny red pinpoint spots on your skin



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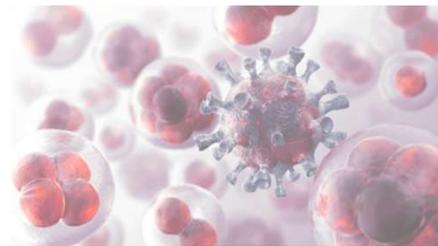
WHITE BLOOD CELLS

What are white blood cells (WBC)?

- Part of the immune system, fight infection

What happens with chemo?

- Chemo can affect the bone marrow causing a decreased production of WBCs
 - Predictable drop in WBCs
 - Lowest point is usually 8-12 days after chemo (21 day and 28-day cycles)
 - Recovery takes about 21-28 days for some treatments
- May receive a medication to help boost WBC production
 - Decrease risk of infection but does not take it away
 - May cause bone pain for a couple of days
 - Ok to take acetaminophen/Tylenol if needed



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WHITE BLOOD CELLS

WBC decreased = increased risk of infection

How to prevent infection:

- Proper hand hygiene
- Avoid people who are ill
- Wash raw fruits and vegetables with water and friction
- General food safety precautions
- Avoid large crowds
- May choose to mask when indoors for extended periods of time



CALL IF:

- Fever ≥ 100.4
- Chills or sweats
- New cough
- White coating in your mouth
- Urinary changes



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RED BLOOD CELLS

What are red blood cells?

- Help circulate oxygen throughout the body

What happens with chemo?

- Gradual decline throughout treatment

What can be done?

- Depending on lab results, provider may recommend transfusion or other treatments like iron infusions



CALL IF

- Dizzy or lightheaded
- Short of breath
- Racing heartbeat
- Excessively weak or tired



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FATIGUE

Why does this happen?

- Many reasons: anemia, nutritional deficiencies, depression, stress
- Unlike fatigue from lack of rest

When will I notice it?

- Cumulative effect
- A couple days after treatment you will likely be more fatigued than other days
 - Body working hard flushing out treatment and dead cells while building new healthy cells



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FATIGUE

How do I manage it?

- "Get up and get moving"
 - Move your body
 - Eat
 - Drink
- Energy conservation
 - Plan activities for when your energy is best
 - Take rest breaks when you need it

What about exercise?

- Increasing activity will have positive impact
- Improves aerobic capacity, prevents muscle loss and deconditioning, manages fatigue
- Stamina and strength may be impacted, take measures for safety



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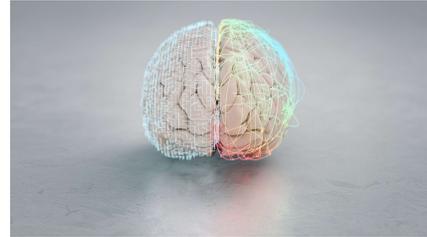
COGNITIVE CHANGES

What is it?

- Patients feel like they're in a fog
- Many refer to "chemo brain"
- Difficulty multitasking or concentrating
- Difficulty word finding

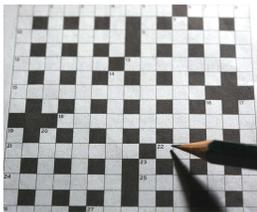
Why does it happen?

- Not fully understood, many factors may contribute
- Related to treatment, stress, anxiety sleep disturbances, etc
- Some patients report symptoms before they start treatment



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COGNITIVE CHANGES



How do we prevent/ minimize it?

- Adequate rest
- Well balanced diet
- Exercise
- Brain exercise
 - Crossword
 - Sudokus
 - Reading
 - Musical instruments

How do I manage it?

- Be patient with yourself
- Lists, calendars, notetaking
- Smart phone to set reminders
- Apps to track things
- Plan opportunities for joy and connection during your time on treatment



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COPING

Is it normal to feel this way?

- Yes, increased distress is normal
- May feel many different emotions

What can be done?

- Resources available at Compass
- Coping mechanisms
 - Physical movement & exercise
 - Meditation & Mindfulness
 - Journaling
 - Activities that help you relax or bring you meaning



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Common Questions

- **What about cannabis?**
 - Forms of cannabis that do not have to be smoked/vaped are preferred
 - Discuss with your provider
- **What about intimacy?**
 - Treatment can impact body image and sexual function
 - It is safe to be intimate (use barrier method for 48 hours after chemo)
 - Please do not hesitate to discuss sexual issues or questions with your provider
 - Avoid pregnancy and breastfeeding. Treatment may also impact fertility
- **Can I work?**
 - Most likely
 - FMLA, ADA
 - www.cancerandcareers.org
- **Can I travel?**
 - Depends; discuss with your provider
- **Can I drink alcohol?**
 - In moderation
 - It may not taste the same
 - May affect you differently than usual



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WHEN TO CALL ONCOLOGIST

- Chills or fever greater than 100.4
- Burning with urination, frequency, urgency, lower back pain (UTI)
- Productive cough with green, yellow, red, or brown sputum
- Unmanaged diarrhea, constipation, nausea, vomiting
- Unmanaged pain
- Swelling, redness and pain on extremities
- Shortness of breath/chest pain
- Dizziness with changing position or lightheadedness
- Dark urine, less urine than normal, thirst, dry mouth
- Mouth sore, difficulty swallowing, frequent or severe heartburn
- Severe fatigue
- Thoughts of harming yourself, severe depression

If you are concerned, we are concerned. Please do not wait to call—that is why we are here!

