

ITEMS TO HAVE AT HOME

- Digital thermometer
- Soft toothbrush
- Mild body lotion (Aveeno, Lubriderm, Bag Balm)
- Sunscreen SPF 15+
- Mouth rinse without alcohol (Biotene)
- Diphenhydramine (Benadryl) capsules to help with itching
- Stool softener (docusate)
- Anti-itch cream (hydrocortisone 1% or diphenhydramine cream)
- Anti-diarrhea medicine (loperamide)
- Acetaminophen (Tylenol) for aches and pains
- Loratidine (Claritin) if you are receiving Neulasta
- _____
- _____

PARTNERS IN YOUR CARE

What YOU need to do:

- Ask questions
- Know your schedule and be on time
- Report any side effects
- Take your medicines as prescribed

What your DOCTORS do:

- Answer your questions
- Explain your diagnosis
- Offer treatment options
- Monitor outcomes of treatments and side effects

What your TEAM does:

- Answer your questions
- Coordinate your care
- Provide resources
- Help you get medicines

REPORTING SIDE EFFECTS

Our goal is to provide exceptional cancer care. The following information will guide you when reporting any side effects of your cancer treatment.

EMERGENCIES: CALL 911

Call 911 or go to the nearest emergency care facility if you have any of these symptoms:

- Difficulty breathing
- Chest pain
- Uncontrolled bleeding
- Signs of stroke (drooping face, weak arm, difficulty speaking)

URGENT NEEDS: CALL YOUR DOCTOR

Call your doctor right away if you have any of these symptoms:

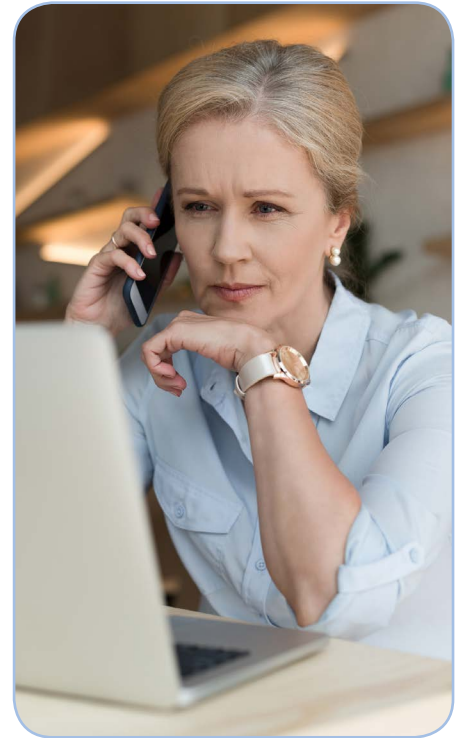
- Temperature of 100.5°F (38°C) or greater
- Change in your mental status or confusion
- An allergic reaction, such as severe itching, rash, or swelling
- Severe pain in the abdomen (belly) or pain that doesn't go away

The answering service will contact the on-call doctor if you need help during the night or on weekends and holidays.

OTHER CONCERNS: CALL YOUR DOCTOR

Call during daytime hours to report any of these symptoms:

- Continued diarrhea or vomiting (4 episodes in 24 hours)
- Unexplained bruises or small amounts of blood in your urine (pee) or stool (poop)
- Pain or soreness at your port-a-cath or IV injection site



MY CANCER CARE TEAM

SUPPORT WHEN YOU NEED IT MOST

Intermountain Healthcare's Cancer Centers are committed to helping patients live their healthiest lives possible. Our goal is to maintain patient comfort while providing exceptional cancer care. The entire team is ready to help you by providing support, kindness, and compassion throughout your cancer journey.



MEDICAL ASSISTANT

Your doctor's **medical assistant (MA)** can answer your basic questions, handle non-urgent needs, and help refill your prescriptions.

PHARMACIST

Your **pharmacist** can provide answers to specific questions or requests about your medicines.

NURSE NAVIGATOR

Your **nurse navigators** help with self-care education, coordinating your care, and general problem-solving. Their goal is to provide the best care possible to patients and families throughout their cancer journey.

RADIATION THERAPY NURSE

A **radiation therapy charge nurse** can help you handle concerns about radiation therapy and any possible side effects.

SOCIAL WORKER

Intermountain Healthcare **social workers** are available to help you and your support network understand your choices and make hard decisions. They can help fill out an advance directive, make arrangements for home health care, and find community support services.

PATIENT ADVOCATE

Your **patient advocate** can help you find ways to manage financial concerns and get your prescription medicines approved by your insurance company. Our advocates help with grants, co-pay assistance, and compassionate drug use for patients who are qualified.

MY TREATMENT GUIDE



Intermountain Healthcare complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. Se proveen servicios de interpretación gratis. Hable con un empleado para solicitarlo. 我們將根據您的需求提供免費的口譯服務。請找尋工作人員協助。

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