STARTING CHEMOTHERAPY: WHAT TO EXPECT

Before Chemotherapy:
- Plan Ahead:
  o Stock your kitchen with the foods you plan to eat for the 3 to 4 days after chemotherapy.
  o Arrange for a friend or family member to accompany you on your first treatment day.
- Drink plenty of fluids before and throughout the day of treatment.

Treatment Day
- *Eat breakfast the morning of treatment*, choosing food that is gentle on the stomach
- Please check in at the front desk
- You may be sent to the lab to have blood work drawn.
- If you are seeing your provider the same day, they will discuss symptoms, review your lab work, and assess your readiness to receive chemotherapy. You will then be directed to the infusion room.

Welcome to the Chemotherapy Suite:
- Your nurse will assess for symptoms, and verify orders
- The pharmacy staff prepares medications once orders are confirmed by the provider.
- Your nurse will explain each step of the chemotherapy infusion process.
- We want you to feel welcome and comfortable during treatment.
  o A variety of snacks and beverages are available to patients.
  o Warm blankets and heating pads are available. You may also bring a blanket from home.
  o If your stay will keep you through the lunch hour, please bring a lunch.
  o We have Wi-Fi available, so feel free to bring an ipad/laptop to pass the time.
- Feel free to talk among yourselves.

For Your Safety:
- If you are receiving a chemotherapy infusion, please do not leave the Chemotherapy Suite.
- Children **under the age of 15 are not allowed** in the Chemotherapy Suite
- Please limit the number of **guests to one at a time**
- If you or your family member uses oxygen, please bring enough to last through your treatment and ride home.
Respect Others:
- Please avoid wearing perfume, colognes, or foods that are very strong smelling.
- Cell phones should be on **silent** or used only to communicate with your ride.

Compass Cares:
- Your time is important.
  - We make every attempt to schedule patients for a delay-free visit. However, what we do here is special and sometimes unexpected delays may occur.
  - Chemotherapy chair time is scheduled so as to establish the most efficient flow of patients and optimal nursing availability to ensure safety. If you arrive early or late we may not be able to accommodate your change in schedule.
- We understand that this can be a difficult time for you and your family. Our staff members are experts in what they do. Please let the staff know how else we can assist you!
HOME SAFETY PRECAUTIONS FOR PATIENTS & CAREGIVERS

Most chemotherapy safety precautions involve prevention of contact with the chemotherapy drugs as they leave the patient’s body. It takes about 48 hours for the body to break down and/or get rid of most chemotherapy drugs. The byproducts of chemotherapy are excreted in body fluids such as urine, stool, tears, saliva, vomit, and semen or vaginal secretions. Both patients and caregivers should avoid contact with these fluids.

During chemotherapy and for the following 48 hours the patient or caregiver assisting the patient should:

- Use a condom during sex. As noted above, the drugs may be found in semen or vaginal secretions.
- Always wash your hands with warm water and soap after using the toilet or after any contact with body fluids.
- Wear disposable waterproof gloves if you need to touch any body fluids. These gloves can be purchased at most local drugstores.
- Flush the toilet twice after using it. Put the lid down before flushing to avoid splashing. If possible, you might want to use a separate toilet during this time, especially if you have young children in your home.
- If you vomit into the toilet, clean off the toilet seat of any vomit or splashes and flush twice. If you vomit in a container, empty into the toilet and wash the bucket with hot, soapy warm water and

MEDICATION REFILLS

Narcotics: require a written prescription hand-carried to your pharmacy. We are unable to prescribe narcotics or other controlled substances after hours or over the weekend. Please plan ahead and request refills at the time of your scheduled visit or at least 72 hours before refill is needed. Please bring your own pain medications with you for office or treatment visits. We do not stock pain medications in the office.

All other medications: Contact your pharmacy directly for refills. They will notify our office of the request. Please allow 48 hours when planning refill requests. Some medications require preauthorization from your insurance company and your pharmacy will advise you accordingly. Please be aware that this process can take up to 72 hours.
SERVICES AT COMPASS ONCOLOGY

Social Workers
Ready access to social workers at every phase of treatment provides patients and their families with a safe outlet to discuss their experiences and emotions. Our social workers assist with access to important community resources, including in-home care, transportation services and support groups.

Patient Educator
Knowledge is power and an absolute must in cancer care. Compass offers ongoing classes and support for every stage of treatment. Classes like Getting Started provide information on what to expect during treatment and how to manage symptoms. Informative presentations on promising new therapies keep you up-to-date. CompassOncology.com lists all upcoming events and classes.

G.R.E.A.T GENETIC RISK EVALUATION AND ASSESSMENT PROGRAM
Compass Oncology’s groundbreaking Genetic Risk Evaluation and Testing (GREAT) program is a leader in personalized cancer-risk reduction. The team includes physicians and nurses with advanced expertise in cancer genetics and genetic counseling. They have the experience to evaluate family history, provide knowledgeable guidance about cancer detection and prevention, and interpret the results of testing.

Palliative Care Program
Palliative care, once defined as end of life, now encompasses a much broader definition of helping patients manage symptoms to live their lives to the fullest. Our team of experts helps guide patients and their families to discuss what matters most to them while developing individualized plans for symptom management and emotional care. We carefully evaluate each individual to ensure they are getting the best possible care, support and help with necessary resources while maintaining their comfort and quality of life.

Survivorship
The Compass Survivorship program recognizes the complex needs after cancer treatments and the importance of surveillance, prevention and education. One-on-one visits with specially trained, advance practice providers are offered to every patient following treatment. In addition, the survivorship team offers group sessions to help deal with memory issues, depression, fatigue, problems with intimacy and nutrition. With education, support and prevention, there is a rich and rewarding life after cancer.
SPECIALIZED SUPPORT GROUPS
In order to serve the unique needs of cancer patients, our social workers host regular support groups at multiple Compass Oncology locations. The support they provide takes many forms from the practical to the emotional and the spiritual. Their focus is on the issues that are so important to quality of life during and after treatment. For a full calendar, timing and locations of our support groups and events, visit CompassOncology.com/calendar.

US TOO
Compass Oncology -Rose Quarter: 265 N Broadway, Portland
This monthly support group meeting for men with prostate cancer and their loved ones provides unbiased information from experts in areas related to prostate cancer including treatment options, pain control, nutrition, mental health, coping strategies and more. To register please call Lydia Mills at 503.528.5212.

FORCE
Compass Oncology- West: 9555 SW Barnes Rd., Ste. 150, Portland
FORCE (Facing Our Risk Of Cancer Empowered) exists to improve the lives of individuals and families facing hereditary breast and ovarian cancer. Join Compass Oncology clinicians and local area FORCE representatives for a BRCA-positive support group discussion. For more information about these quarterly meetings please call Lydia Mills at 503.528.5212.

BRAIN TUMOR SUPPORT GROUP
Compass Oncology – East: 5050 NE Hoyt Street, Suite 257, Portland
Clinicians from Compass Oncology help facilitate the conversation and answer any questions you may have about physical or emotional issues, treatment side effects and general coping strategies. All brain tumor patients and their loved ones or caregivers are welcome to attend. To register for these monthly meetings please call Jamie Newell at 503.231.2610.

WOMEN’S CANCER SUPPORT GROUP
Compass Oncology-Vancouver: 210 SE 136th Ave, Vancouver
Compass Oncology together with the Pink Lemonade Project offer a monthly support group to give women cancer survivors an opportunity to talk with others who are facing similar challenges in a safe, welcoming environment. To register please call 360.944.9889.
YOUNG ADULT SURVIVOR SUPPORT GROUP
Compass Oncology – East: 5050 NE Hoyt Street, Suite 257, Portland
This group gives young adults affected by cancer the opportunity to share their experiences in a supportive environment. Social Workers from Compass Oncology will be present to facilitate conversation and address questions about emotional issues and coping strategies.
• Get support designed to meet the unique needs of young adults with cancer.
• Connect with other young adults who are currently in treatment and post treatment.
• Get updates on activities, resources, and services designed just for young adults.

This event is FREE and open to the public. Snacks will be provided. Please call Nora Larson 503-231-2610 to RSVP.

JOURNAL TO THE SELF WORKSHOP
Compass Oncology-West: 9555 SW Barnes Rd., Ste. 150, Portland
Learning different ways to write in your journal adds color, perspective and dimension to your reflective writing. With the help of these tools, you can explore the various aspects of yourself, your life and your relationship with others. Please call 503-297-7403 to reserve your space.
HEADWEAR RESOURCES
(Please call to make sure addresses/phone numbers have not changed)

ONLINE


American Cancer Society online catalogue – www.tlcdirect.org or 1-800-850-9445. Operates 24/7. Provides wigs and headwear custom order.


Impressions In Hair Design – (360) 693-6750 – 1308 Washington St, Vancouver, WA 98660. Call for an appointment.

Synthetic and Human Hair Wigs – www.thewigs.com or 1-866-441-9447. For additional discount use code TWCSALES.


Wilshire wigs – www.wilshirewigs.com or 1-800-927-0874. Operates M-F 9:00-5:30 and Sat. 9:00-4:00 (PST). Online sales free shipping with order over $50.00 some exclusions apply.

LOCAL RESOURCES

American Cancer Society – 1-800-227-2345 – 0330 SW Curry Street, Portland Provides free wigs and headwear to cancer patients. Also accepts donations of headwear, wigs, and mastectomy products. Mon-Fri 9:00-5:00pm. Three local hospitals are outlets for ACS wigs (St. Vincent, Providence Portland and Good Samaritan Hospital’s Breast Centers).

Absolutely You on 19th – (503) 397-0017 – 135 N. 19th Street, Saint Helens Has a couple of wigs in stock, but can order from a catalogue, provides fitting and trim (if needed) – No insurance billing – Cost ranges from $50-$150. Tues-Fri. 9:00-5:00pm.

Brenda Kay Hair Specialties – (503) 223-8092 – 1975 SW 1st Street, Suite A, Portland– Offers hats, wigs, scarves and hairpieces – No insurance billing, individuals must pay in full – Cost range: Synthetic $175-up and Human Hair $700-up. Tues-Fri 10:00-5:30pm – Please call for appointment. www.bkhair.com
Hair Options – (360) 576-7002 – 14313 NE 20th Avenue, Vancouver, WA
Offers wigs and hairpieces Kathy offers a 25% discount for oncology patients – No insurance billing – Cost range: $45-100+. Tues-Sat. 9:00-5:00pm, Saturdays by appointment - Please call for appointment.

Living Color – (503) 287-7788 – 5213 NE Martin Luther King Blvd., Portland
Offers wigs and hairpieces (mostly for non-Caucasian customers) – No insurance billing – Cost range: $20-up (synthetic and human hair available). Mon-Sat 9:30-7:00pm.

Pony Express Wigs – (503) 794-9134 – 10414 SE 82nd Avenue, Portland
Offers wigs (sale rack, synthetic, and human hair) and provides discount for cancer patients depending on product. Contact Lauree – Cost range: $25-up. Tues-Fri 11:00-5:00pm, Sat 11:00-4:00pm.

Vienna Hair Goods – (503) 639-9517 - 9960 SW Walnut Street, Tigard OR – No information available on price or cost. APPOINTMENT ONLY, Please Call.

Well’s Wigs Unlimited – (503) 626-2727 - 14330 SW Allen Blvd, Beaverton OR
Offers various wigs and 15% discount for medical hair loss (bring documentation). Cost range: $110-up (synthetic), $250-up (monofilament), $800-up (human hair). Mon-Sat 9:00-5:30pm, walk-in or by appointment.

Wigland: (503) 282-1664 – 1011 NE Broadway, Portland
Offers a variety of wigs (both synthetic and human hair) and a 10% medical hair loss discount – Cost range: $30-up. Mon-Fri 10:00-6:00pm, Sat 10:00-5:30pm.

Wigs Wear House : (503) 465-6869 – 140 NW Miller Ave, Gresham
Offers wigs, turbans, and hats. Owner is a licensed hair dresser and fits, clips and sizes wigs for customers – Cost range: Wigs $95-up, hats $20, turbans $7.50-12.50. Tues-Fri 10:00-5:00pm, Sat 0:00-3:00pm.

Wig Gallery: (503) 253-5680 – 10605 NE Halsey, Portland
Offers wigs and hairpieces. Courtesy discounts available to cancer patients. Average cost: +/-$100. Mon-Fri 10:00-5:00pm Sat 10:00 – 4:00

Turbans:
American Cancer Society
Ackerman’s Lifewear
Brenda Kay Hair Specialists
Wigs Wear House