



Preparing for Chemotherapy

The length of time you will be in the clinic for your treatment will depend on the medications prescribed. Please plan for an additional hour on your first day of treatment to allow time for medication teaching.

You will be provided with drug specific information on the first day of your chemotherapy treatment. Additionally, you may refer to the [Chemotherapy and You](#) booklet, published by the National Cancer Institute.

- Only one visitor per patient is permitted in the infusion area at a time. All visitors must be over the age of 13.
- Eat lightly, but do not skip meals prior to your infusion.
- If necessary, schedule any necessary dental work prior to beginning chemotherapy. Otherwise, it is likely you will not be permitted to have dental work done until after all treatment is complete.
- Try a stress reduction activity before chemotherapy and plan to continue this activity throughout your cancer treatment. Techniques for reducing stress can help you enjoy a better quality of life, especially in the face of illness. Learn more about [Stress reduction techniques from the Mayo Clinic](#)
- Wear comfortable clothing and consider bringing a sweater with you. We provide warm blankets in the clinic for your comfort.