

# Schedule of a typical day

Here is an example of a typical schedule for a chemotherapy day that you can download to help you prepare for your first treatment.

## Preparing **at home**:

### 7:00 – Getting up

- Tip: Take your time to have breakfast and get ready smoothly.

### 8:15 – Preparing the cooler

- For a treatment scheduled at 11 a.m., aim to finish preparing your cooler by 9 a.m., at least 2 hours before the start of your treatment.
- Tip: Allow 30 to 45 minutes, especially for the first treatment, to assemble your cooler.

### 9:00 – Reviewing the equipment

- Tip: Take the time to finalize your bags, prepare a snack, and check your equipment list.

## On the way to the **hospital**:

### 10:00 – Departure for the hospital (if you are 40 minutes away from your hospital)

- Tip: Plan for traffic on the road.

### 10:40 – Arrival at the hospital parking lot

- Tip: Parking is often full early in the morning, so allow extra time to find a spot.

### 11:00 – Arrival in the chemotherapy waiting room

- Tip: Allow 10 to 15 minutes to get to the chemotherapy room, depending on your hospital's layout.

### 11:15 – Calling into the chemotherapy room

- Tip: Consider the waiting time before being called into the chemotherapy room. Plan to take out the first cap at least 20 minutes before the scheduled appointment time so it reaches the right temperature.

## In the **chemotherapy** room:

11:20 – Setting up cap number 1 (based on the scheduled start time of the chemotherapy infusion communicated by the nurse at 12:30 p.m.).

11:30 – Taking vital signs

11:40 – Switch to cap number 2

11:50 – Start of premedication

12:00 – Switch to cap number 3

12:20 – Switch to cap number 1

12:30 – Start of the first chemotherapy infusion

12:45 – Switch to cap number 2

12:10 – Switch to cap number 3

And so on.

## Back **at home**:

For post-infusion time, refer to the manufacturer's protocol, which varies between 3 and 5 hours depending on the type of chemotherapy administered.