

STARTING TREATMENT: WHAT TO EXPECT

Before Treatment:

- Plan Ahead:
 - 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
- Please check in at the front desk
- You may be sent to the lab to have blood work drawn.
- You may or may not see your provider. If so, 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 Infusion 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.
 - A variety of snacks and beverages are available to patients.
 - Warm blankets and heating pads are available. You may also bring a blanket from home.
 - If your stay will keep you through the lunch hour, please bring a lunch.
 - 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 Infusion Suite.
- Children **under the age of 15 are not allowed** in the Infusion 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.
 - Treatment 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

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.
- Put the lid down before flushing to avoid splashing. If you have a low pressure toilet, you may want to flush the toilet twice.
- 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

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

Patient Education

Compass offers ongoing classes and support for every stage of treatment. Chemo 101 provides 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.

Genetic Risk Evaluation and Assessment Program (G.R.E.A.T)

(GREAT) program team includes specialists with advanced expertise in cancer genetics and genetic counseling. They evaluate a patient's personal and family medical history to assess for hereditary (familial) cancer risk, make recommendations for screening and coordinate genetic testing if appropriate.

Palliative Care Program

Palliative care experts help guide patients and their families to discuss quality of life while developing individualized plans for symptom management and emotional care.

Survivorship

Compass's Survivorship Program recognizes the complex needs after cancer treatments and the importance of surveillance, prevention and education. One-on-one visits and group visits with experts offer education and support for life after cancer.

Dietary Services

Our dietician evaluates patients' intake and meal patterns to identify nutritional gaps while providing individualized nutritional recommendations to optimize health and wellness.



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 to focus on issues that are 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](http://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.

Facing Our Risk Of Cancer Empowered (FORCE)

Compass Oncology- West: 9555 SW Barnes Rd., Ste. 150, Portland

FORCE focuses on improving 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, call Lydia Mills at 503.528.5212.

Brain Tumor Support Group

Compass Oncology – East: 5050 NE Hoyt Street, Suite 257, Portland

Clinicians from Compass moderate conversations and answer any questions you have about physical or emotional issues. Brain tumor patients and their loved ones are welcome to attend. To register for these monthly meetings call Jamie Newell at 503.231.2610.

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 will moderate conversation and address questions about emotional issues and coping strategies. To register call Nora Larson 503-231-2610.

Journal to the Self Workshop

Compass Oncology-West: 9555 SW Barnes Rd., Ste. 150, Portland

Reflective writing adds color, perspective and dimension to the various aspects of yourself, your life and your relationship with others. To register call 503-297-7403.

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 cancer survivors an opportunity to talk with other women facing similar challenges in a safe, welcoming environment. To register please call 360.944.9889.

Compass Lung Resources (CLiR) Group

Compass oncology-Rose Quarter: 265 N Broadway Portland OR 97227

This support group will give people affected by lung cancer the opportunity to share their experiences in a supportive environment with others who are facing similar challenges. Clinicians from Compass Oncology will be present to facilitate the conversation and to answer any questions you may have about physical or emotional issues, treatment side effects, and coping strategies. All lung cancer patients and their loved ones are welcome to attend.