

Infusion Treatment

Patient Guide



www.Guthrie.org/Cancer



Welcome

Thank you for choosing the Guthrie Cancer and Infusion Center for your medical care. Our team of dedicated professionals will do everything possible to make the experience here comfortable for you and your family.

This “Patient Guide to Infusion Treatment” was designed to help you become an informed and involved participant in your own health care. If at any point you have questions regarding the information enclosed, we encourage you to reach out to any of the members of your care team.

Remember, your comfort and care are of utmost importance during your entire treatment.

Our team is here for you.



Table of Contents

| | |
|--|----|
| Infusion Treatment | 3 |
| In the Infusion Room | 3 |
| Food & Fluids | 4 |
| Safety | 5 |
| Chemotherapy/Biotherapy Side Effects, Prevention and Treatment | 6 |
| Lab Work | 8 |
| Medication Refills | 8 |
| Medication Disposal | 9 |
| Scheduling Your Appointments | 9 |
| Support Services | 10 |
| General Cancer Community Resources | 11 |
| Family Members Calling for Information | 14 |
| How & When to Contact Us | 15 |

Infusion Treatment

Preparing For Your First Infusion Treatment

Everyone reacts to treatment differently. Until you know how your body will respond, consider the following:

- Bring someone with you to drive you home or to ride with you on the bus.
- Eat a light breakfast and/or lunch the day of your treatment, but avoid fatty or highly seasoned foods, particularly before your first treatment.
- Children in the Cancer Center - To protect your loved ones, we request that no one under the age of 12 come with you to your treatment appointment without supervision by another adult.

In the Infusion Room

Getting Ready

- A special needle will be placed in the vein of your arm or in your port. While uncomfortable, neither of these procedures should cause you excessive pain.
- Your nurse will review the medication prescribed for you by your provider. In addition to your treatment, your provider may prescribe medication for the prevention of nausea, constipation, diarrhea, and/or pain. If you take pain medications regularly, please bring them with you to your appointment.
- After you arrive in the infusion area, our pharmacist will mix your medication, so there may be a slight delay while this occurs. Your medication will be administered by our specialty-trained nurses. You will be closely monitored during the administration. If you have any unusual or new symptoms, please report them to a nurse immediately. Call bells are near each chair.
- During the infusion, you will be seated in a recliner. You may eat, drink, watch television, read or participate in other sedentary activities. Your medication will be administered through an infusion pump, which is plugged into the wall. If you have to go to the bathroom during your treatment, you may simply unplug the pump, which will automatically switch to battery power. Upon your return to your chair, you simply need to plug in the pumps and it will automatically start being powered by electricity once again. If you need assistance, please ask one of our staff members.

Infusion Treatment

In the Infusion Room

Things to Do

- You may visit our library while your infusion is running. Simply let your nurse know that you are going to be there. There are outlets in the library that you can plug your pump into. A computer and games are available for patient and family use. Please feel free to use this space during your treatments.
- You may bring a laptop computer with you during your infusion. You do not need a special password; when you sign onto your computer, choose the “guest” wireless network.

Eating and Drinking

- You may eat during the treatment. We have snacks available such as breakfast bars, crackers, cookies, pretzels, yogurt, pudding and Jell-O™. We also have drinks available such as juice, soda, tea and coffee.
- If you are here for an extended amount of time, you are welcome to bring a lunch from home, or the person accompanying you may go to the cafeteria or snack bar and purchase food. A refrigerator and microwave are available for your use in the Cancer Center.
- We have phones available for emergency use. During your infusion, cell phones are also permitted.



Food & Fluids

It is extremely important to maintain healthy eating and drinking habits to help your body manage treatments, feel better and stay stronger.

- Drink at least eight 8 oz. cups of liquid unless otherwise directed. These liquids should be non-caffeinated and non-alcoholic.
- Eating adequate calories and protein will keep your body from becoming depleted and help you keep your strength. Your dietitian will help you determine specific amounts.
- Notify your provider or nurse of any weight loss or gain, changes with appetite or any nutrition-related side effects.

For questions or a more individualized plan, please ask to see our Registered Dietitian.

Safety

Handwashing – Remember to always use frequent handwashing to help prevent infections.

Illness – Your resistance to infection is lowered during chemotherapy. Please remember to stay away from anyone who is ill.

Side Effects – We will provide a list of side effects that you need to watch for. Please contact us before any symptom becomes severe.

Caregivers – Please remember that chemotherapy is excreted in body fluids, so when caring for patients' urine, stool, vomit, etc., gloves should be worn and good handwashing should be utilized.

Sexual Relations – Your body fluids are toxic for 48-hours following chemotherapy. Therefore, sexual relations are not recommended immediately following treatment. Please use a condom for 48-hours following each chemotherapy treatment.

Conception – It is very dangerous to father a child or conceive a child while on chemotherapy and for 12 months following your last dose. Please be sure adequate birth control is used. Sperm banking can be considered for male patients, and other options may be available for women. Any questions or concerns about this should be discussed with your provider.



Review of Chemotherapy/Biotherapy - Side Effects, Prevention & Treatment

Chemotherapy may decrease three main parts of the blood:

- WBC (white blood cells) – these are part of your immune system and how your body fights infection. Low WBCs are known as neutropenia.
 - Precautions start immediately after chemotherapy.
 - Good handwashing after touching people, money, papers, magazines, etc., before and after food preparation and before eating.
 - Avoid people with colds or other illnesses.
 - Take good care of your skin and clean cuts right away.
 - Do not get a flu shot or other vaccine prior to talking to your doctor.
 - Be careful around animals.
- RBC (red blood cells) – These are cells that carry oxygen. Low RBCs are known as anemia.
 - Signs and symptoms: may feel fatigued, short of breath or have difficulty sleeping.
 - Get plenty of rest, limit your activities to what is most important to you, and eat a well-balanced diet.
- Platelets – These help make your blood clot. Low platelets are known as thrombocytopenia.
- Signs and Symptoms: may see increased bruising, petechiae (pinpoint red spots), persistent nosebleeds, or blood in your urine or stool.

If you **EVER** have a temperature greater than 100.5°

- Monday – Friday between the hours of 7:30 a.m. – 5:30 p.m.
 - Sayre patients call the infusion nurse station at 570-887-2144, if you are unable to reach the nurse you can call the Cancer Center main number at 570-887-2853 until 5 p.m.
 - Corning patients call the Corning Cancer Center at 607-937-3100.
 - Cortland patients can call the Renzi Cancer Center at 607-756-3130 until 5 p.m.
- During off hours (evenings, weekends, and holidays) in Sayre or Corning, call 570-888-6666 and ask for the oncologist on call. We have an oncologist on call 24 hours per day.
- During off hours (evenings, weekends, and holidays) in Cortland, call 607-756-3500 and ask for the on call physician.
- If you need to go the ER for any reason, ask them to call your oncologist when they are done evaluating you so that your oncologist knows what is going on.

Other Side Effects of Chemotherapy

- Fatigue from Chemotherapy
 - Can range from mild to extreme and can last for weeks to months after chemotherapy.
 - Proper nutrition, limiting daytime naps to less than one hour, set sleeping habits, and being active (walks, jogging, or swimming) is encouraged.
 - Tell your doctor about any pain, emotional distress, or new medications you have started.
- Hair loss (also known as alopecia)
 - You may lose all your hair, or your hair may just thin, usually in 2-3 weeks after starting chemotherapy. You may lose your hair a little at a time or in clumps. You may lose all body hair, eyelashes, and eyebrows as well. Your scalp may feel sore a day or two before your hair falls out. Your hair will grow back 2 to 3 months after chemotherapy.
 - Talk to your doctor or nurse. He or she will know if you are likely to have hair loss.
 - If interested in obtaining a wig, do so prior to beginning chemotherapy.

Review of Chemotherapy/Biotherapy - Side Effects, Prevention & Treatment (continued)

- Diarrhea from Chemotherapy
 - If you have more than 4 loose, soft, watery bowel movements above your normal daily bowel movements, you are experiencing diarrhea. It can be caused by chemotherapy drugs, infections, or drugs used to treat constipation.
 - Eat 5 or 6 small meals and snacks each day instead of 3 large meals.
 - Drink 8-12 cups of clear liquids each day. These include: water, clear soup broths, ginger ale, and sports drinks such as Gatorade® or Propel®. This will help keep you hydrated.
 - Ask your doctor or nurse about foods high in salts as your body loses sodium and potassium when you have diarrhea.
 - Your doctor may recommend Loperamide (Imodium®) 4mg (2 capsules) taken by mouth every 3 hours to be used when diarrhea lasts longer than 24 hours.
 - If diarrhea continues after taking Imodium® for another 24 hours, call your doctor immediately.
- Constipation from Chemotherapy
 - Some chemotherapy drugs and pain medicine can cause bowel movements to become less frequent. Signs and symptoms include feelings of being bloated and nauseous, stomach cramps, belching, and passing lots of gas.
 - Drinking at least 8 cups of liquids a day will help prevent constipation (water, juices, coffee, tea).
 - If using pain medicine your doctor may recommend using the laxative Sennoside (Senna®) – take 2 tablets by mouth every morning and Polyethylene Glyco (Miralax®) – 1 heaping tablespoon mixed in 1 cup of water taken by mouth in the morning and evening to help prevent constipation.
 - If constipation develops for 24 hours or longer while taking the above regimen, your doctor may recommend adding milk of magnesia (MOM®) 1-2 ounces to be taken by mouth daily to your regimen.
 - If constipation still continues, contact your doctor.
- Nausea and Vomiting from Chemotherapy
 - Take anti-nausea pills as prescribed. Take at first sign of nausea and do not wait until vomiting starts. After taking wait 30-40 minutes before eating to give the medication a chance to get into your system.
 - We will give you pills or IV medications to prevent nausea and vomiting on your day of therapy if your chemotherapy drug causes nausea and vomiting.
 - Bland, easy to digest foods such as crackers and toast are good to eat if you experience nausea and vomiting. Eat 5 to 6 small meals and snacks instead of 3 large meals daily. Have food and drinks that are warm and cool (instead of hot and cold).
- Taste changes from Chemotherapy
 - Food may not taste good. May try hard lemon candies or a lemon or lime slice in water, if you get a metallic taste when you eat, try plastic silverware or cook in glassware.
- Mouth Sores from Chemotherapy (also known as *mucositis*)
 - Basic oral care is essential for preventing mouth sores.
 - Brush your teeth with a soft-bristled toothbrush multiple times a day. Avoid toothpastes with the active ingredient *sodium lauryl sulfate* (Biotene® and Rembrandt® are good brands to use). Flossing (if able), and mouth rinses should be used as well. (Avoid mouthwashes with alcohol like Scope® and Listerine®).
 - Rinse your mouth with warm salt water or baking soda rinses 3 to 4 times a day (after meals works well). Add ¼ teaspoon of baking soda or 1/8 teaspoon salt to 1 cup of warm water. Swish for 20-30 seconds and spit it out. Rinse with plain water after.
 - If mouth sores develop, your doctor may prescribe medications to treat pain such as Lidocaine® 1% viscous solution or 0.5% doxepin mouthwash.

Review of Chemotherapy/Biotherapy - Side Effects, Prevention & Treatment (continued)

- Eye Sight Changes from Chemotherapy
 - Some chemotherapy can bother your eyes and make wearing contact lenses painful. Ask your doctor or nurse if you can wear contact lenses while getting chemotherapy.
 - Some chemotherapy can clog your tear ducts, causing blurry vision.
 - Do not get new glasses while you are on chemotherapy.
- Sexual Changes from Chemotherapy
 - Some types of chemotherapy can cause different sexual changes in men and women.
 - In women, chemotherapy may damage the ovaries, which can cause changes in hormone levels. Hormone changes can lead to problems like vaginal dryness and early menopause.
 - In men, chemotherapy can cause changes in hormone levels, decreased blood supply to the penis, or damage to the nerves that control the penis, all of which may lead to impotence.
 - Talk to your doctor or nurse about whether you can have sex during chemotherapy, birth control options, and medications that help with sexual problems.
- General Nutrition Recommendations
 - Protein helps heal, so try eating protein (meats, beans, peanut butter). Eat high protein cereals, Carnation Instant Breakfast®, Boost Plus®, Ensure Plus® or Glucerna® (for diabetics).
 - No fried, greasy or spicy foods the day before, the day of, or the day after chemotherapy.
 - No alcohol on the day of chemotherapy.
 - Avoid sour juices.

Lab Work

- Frequent blood work is required to monitor your response to the treatment. To ensure that our providers have your lab test results when they see you, we ask that you arrive at our reception desk approximately 30 minutes prior to your appointment. We open at 7:30 a.m., so patients with 8 a.m. appointments do not need to arrive until 7:30 a.m. If you live close by and want to avoid that wait, it is possible to have your labs done the day before your appointment. It is also possible to have your labs drawn early at any Guthrie regional office. If interested, please discuss these options with our staff.

Medication Refills

- 48-hour notice is requested for prescription refills. Only medication prescribed by our department will be refilled. Many medications require insurance authorization, so a 48-hour notice is absolutely necessary to avoid a lapse in treatment.
- Refills requested after 12 noon on Friday will be filled on Monday.
- Prescriptions can be ordered and refilled on *eGuthrie*.

MedSafe® Medication Disposal

Do not flush any of your unused medications down the toilet or put them in the garbage!

Please bring them to our office so the pharmacist may dispose of them properly.

Scheduling Your Appointments

We recognize that your time is valuable. In order to reduce the amount of time that you have to wait to see your provider or wait to receive treatments, we may have to adjust the day of the week and/or time of your appointment. Usually infusions lasting less than two hours will be scheduled in the afternoon. This ensures that people requiring long or full-day treatments are able to be treated when necessary. We will always strive to keep your appointments on schedule. Please let the administrative assistants know of any transportation, child care or work issues that need to be considered.





Infusion Treatment

Support Services

The support services offered at the Guthrie Cancer Center go far beyond cancer treatment to help patients and their loved ones. Please discuss with your health care provider how you or a loved one can benefit from using these services.

Cancer Support Group

Providing emotional and social support, as well as education for patients with any type of cancer. Visit <http://www.Guthrie.org/CancerSurvivorSupport> to learn more and complete the interest form. Please call **570-887-2721** for more information.

Wigs and Head Coverings

Various wigs and head coverings are available to patients at no cost in Sayre. For additional information, please call **570-887-2721**.

Licensed Social Worker

Assists patients and their loved ones with the emotional, social and financial stressors associated with their diagnosis.

Patient Financial Advocate

A valuable resource for treatment related costs.

Chaplain

Assists with spiritual and religious concerns. Talk with the nurse navigator regarding assistance.

General Cancer Community Resources

American Cancer Society (ACS)

1-800-227-2345

Cancer.org

ACS offers support, information and financial assistance to individuals who have cancer and their loved ones. The ACS also supports research, provides printed materials, and conducts educational programs.

American Society of Clinical Oncology (ASCO)

1-888-282-2552

Asco.org

ASCO has more than 40,000 pages of information, including: cancer resource on the Internet, finding an oncologist, and up-to-date information about cancer policy issues.

Be The Match

1-888-999-6743

Bethematch.org

Be The Match Program is funded by the federal government to improve the effectiveness of the search for bone marrow donors. It keeps a registry of potential bone marrow donors and provides free information on bone marrow transplantation. It also provides advocacy aid by helping individuals and loved ones with information on insurance and other financial matters, identifying groups and resources for housing and transportation needs, and offering free educational materials.

CancerCare

1-800-813-4673

Cancercare.org

CancerCare offers support, information, financial assistance, and practical help to individuals who have cancer and their loved ones. Facilitates numerous telephone and web-based support groups.

Cancer and Careers

Cancerandcareers.org

Cancer and Careers provides employment-related education, support and resources for individuals who have cancer.

Cancer Hope Network

1-800-552-4366

Cancerhopenetwork.org

The Cancer Hope Network provides individual support to individuals who have cancer and their loved ones by matching them with trained volunteers who have undergone and recovered from a similar cancer experience.

Cancer Legal Resource Center (CLRC)

1-866-843-2572

www.disabilityrightslegalcenter.org/cancer-legal-resource-center

CLRC provides information on cancer-related legal issues for individuals who have cancer, their loved ones, and others impacted by the disease.

Cancer.Net

1-888-651-3038

Cancer.net

Cancer.net contains oncologist approved cancer information from the American Society of Clinical Oncology.

General Cancer Community Resources (continued)

Cancer Really Sucks

Cancerreallysucks.com

Cancer Really Sucks is a website designed by teenagers, for teenagers who have a loved one facing cancer.

Cancer Resource Center of the Finger Lakes

1-866-905-7770 (NYS)

1-607-277-0960

Crcfl.net

The Cancer Resource Center of the Finger Lakes provides one-on-one support, support groups and cancer information. Additionally has a boutique of free new and gently used wigs, turbans, hats and mastectomy bras.

ChemoCare

Chemocare.com

Chemocare website provides the latest information about chemotherapy.

Fertile Hope

1-855-220-7777 (LIVESTRONG)

Fertilehope.org

Fertile Hope provides information, support and education on cancer-related fertility issues.

Kids Konnected

1-800-899-2866

Kidskonnected.org

Kids Konnected offers a variety of support services to children, ages 3-18, who have a parent with cancer or who have lost a parent to cancer.

Leukemia and Lymphoma Society (LLS)

1-800-955-4572

Lls.org

LLS offer support, information and financial assistance to individuals with blood cancers and their loved ones. The LLS also supports research, provides printed materials, and conducts educational programs.

Live Strong Foundation

1-855-220-7777

Livestrong.org

The Live Strong Foundation helps individuals with cancer and their loved ones live strong through advocacy, education, public health and research, as well as the LIVESTRONG Resource for Cancer Survivors.

National Bone Marrow Transplant Link

1-800-546-5268

Nbmtlink.org

The National Bone Marrow Transplant Link operates a 24-hour, toll-free number and provides peer support regarding bone marrow transplant (BMT) or stem cell transplant.

National Cancer Institute (NCI)

1-800-422-6237

Cancer.gov

NCI provides up-to-date, comprehensive cancer information from the U.S. government's principal agency for cancer research.

General Cancer Community Resources (continued)

National Center for Complementary and Alternative Medicine (NCCAM)

1-888-644-6226

Nccam.nih.gov

NCCAM provides the latest news, research, events, and clinical trials in complementary medicine from the U.S. government.

National Coalition for Cancer Survivorship (NCCS)

1-877-622-7937

Canceradvocacy.org

NCCS provides information and resources on cancer support, advocacy and quality-of-life issues to individuals with cancer and their loved ones.

National Hospice and Palliative Care Organization (NHPCO)

1-800-658-8898

Nhpc.org

NHPCO provides education to individuals and their loved ones on hospice and palliative care, as well as information on grief and improved advocacy.

Patient Advocate Foundation

1-800-532-5274

Patientadvocate.org

The PAF provides education, legal counseling, and referrals to individuals with cancer concerning managed care, insurance, financial issues, job discrimination, and debt crisis matters.

Planet Cancer

Planetcancer.org

Planet Cancer is a website for young adults with cancer to share insights, explore fears, or laugh with others.

Stupid Cancer

Stupidcancer.org

Stupid Cancer is an online support community for young adults who have cancer. It has an extensive compilation of resources including links to forums, books, coping literature and other young adult cancer organizations.

The Cancer Support Community

1-888-793-9355

Cancersupportcommunity.org

The Cancer Support Community provides psychological and social support for individuals with cancer and their loved ones through various affiliate centers and web-based support.

The Ulman Cancer Fund for Young Adults

1-888-393-3863

Ulmanfund.org

The Ulman Cancer Fund for Young Adults is to enhance lives by supporting, educating and connecting young adults, and their loved ones, affected by cancer.

Adapted from CURE, 2011 edition of Cancer Resource Guide 1/14

Family Members Calling for Information

If you have any family members or friends who may call us requesting information about you and your treatment, please be sure to complete an "Authorization to Use or Disclose Information" form, listing them as authorized individuals. This form can be obtained from our administrative assistants at the Cancer Center.

We request that you select one family member to act on your behalf and the rest of your family can contact that person.

Another option is to enroll in our eGuthrie program. This allows you, or any family member to whom you give access, to be able to check your test results online from any computer. Please talk to our staff if you are interested in utilizing this service.

Authorized family member may call to request information:

Guthrie Cancer Center - Sayre
Monday - Friday
8 a.m to 5 p.m.
570-887-2853

Guthrie Corning Cancer Center
Monday - Friday
8 a.m. to 5 p.m.
607-937-3100

The Renzi Cancer Center at
Guthrie Cortland Medical Center
Monday - Friday
8 a.m. to 5 p.m.
607-756-3130

To access an on-call physician, Sayre and Corning patients can call the Guthrie Robert Packer Hospital operator after hours, on holidays and weekends at 570-888-6666. Patients in Cortland can call Guthrie Cortland Medical Center at 607-756-3500 to reach an on-call physician, or if during after hours, holidays, and weekends.

How and When to Contact Us

If you have any questions, problems or uncontrolled symptoms, please do not hesitate to call us.

Guthrie Cancer Center - Sayre
Monday - Friday
8 a.m to 5 p.m.
570-887-2853

Sayre Cancer Infusion Center Nurses
Monday - Friday
8 a.m. to 5:30 p.m.
570-887-2144

Guthrie Corning Cancer Center
Monday - Friday
8 a.m. to 5 p.m.
607-937-3100

The Renzi Cancer Center at Guthrie Cortland Medical Center
Monday - Friday
8 a.m. to 5 p.m.
607-756-3130

After hours, weekends and holidays in Sayre and Corning:
Call 570-888-6666 - Ask for oncologist on call

After hours, weekends and holidays in Cortland:
Call 607-756-3500 - Ask for oncologist on call

If you are having uncontrolled symptoms or any new symptoms listed below, all patients please call Guthrie Robert Packer Hospital or Guthrie Cortland Medical Center, depending on your location, tell them your doctors name and that you need to speak with the oncologist on call.

If you are experiencing the following symptoms, call the Guthrie Cancer Center:

- Fever higher than 100.5°F
- Shaking or chills
- Unusual bleeding or bruising
- Shortness of breath/chest pain
- Irregular or rapid heartbeat
- Severe constipation or diarrhea, not controlled by medications
- Vomiting that continues 48-hours after treatment and is not controlled by medication
- Painful or frequent urination or blood in your urine
- Black or red stool
- Soreness, redness, swelling, or puss at your catheter or Port-a-Cath™ site
- Pain in a new place or pain that is not relieved by your pain medication
- Headache that is not relieved by acetaminophen

If you experience any of the following symptoms, call 911:

- Chest pain
- Severe onset of shortness of breath
- Uncontrolled bleeding
- Loss of consciousness
- Inability to communicate or move extremities

