

# CHEMO/IMMUNOTHERAPY INFUSION LIST

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Be prepared for a *long* day, especially if it's your first infusion. Pack a big bag!

## Clothing:

- The right clothing makes it easier for your nurse to access the best vein:
  - If you have a port, make sure there are buttons or clasps you can undo easily, or loose sleeves you can roll up without a struggle
  - Hospitals can be chilly, so take a cozy hat, and warm, comfortable socks
  - If you have swelling or build-up of lymph fluid in your arm, invest in a lymphedema compression sleeve

## Sanitizer, Creams, Sprays

- Hand sanitizer
- Hypoallergenic hand cream can help with very dry skin as treatment tends to make skin dry or rough
- Lips may need lip moisturizer like Vaseline Lip Therapy
- Dry mouth can drive you crazy, so try Biotene Dry Mouth Oral Rinse (or use the mouth spray version because it's easy to slip into your purse)

## Snacks and Drinks

- Candies such as ginger chews and mints (from Trader Joe's) can help with dry mouth and sensitivity to that metallic taste in your mouth that some people get when the catheter is flushed
- Power bars are always a great idea—make sure you get a supply with low sugar content
- Go for easy over complicated when you are spending a long time in a waiting area and it's time for lunch. Sandwiches may be a good bet
- Fill a water bottle and keep sipping water throughout the day. Water fountains are usually nearby so you can replenish your water there
- Prepare tea in a flask if you are a tea-drinker, but if treatment has made you constipated, leave out the herbal laxative tea until you are safely at home and close to your own bathroom

## Blankets, lucky charms, journals, and more

- A soft, fuzzy blanket or shawl to put around your shoulders or over your legs may be comforting—especially if you are using a cold cap
- A lucky charm that someone has given you—a bracelet, necklace, or special earrings—often acts as a talisman when you are in treatment. (It can be important to feel close to the person who gave you this item, especially if they can't be with you physically)
- A journal, notebook and pen
- A pack of cards
- Books, magazines
- Videos or TV shows to view on your tablet or phone
- Music that makes you feel relaxed
- Charger cables and adapters (Try and have your devices fully charged before you get to the treatment center because outlets may be hard to find)