

We know that being told you need to have chemotherapy is scary, so we've put together this list of questions to ask your oncologist or nurse to help you understand more about the treatment. See our separate checklists [Preparing for Chemotherapy](#) and [What to Take to Chemotherapy](#) for more advice about having chemotherapy.

The information and content provided here is intended for information and educational purposes only. It is not an exhaustive list of points to think about at this stage of your treatment and it is not intended to substitute for professional medical advice. Please speak to your medical team about any queries in relation to your personal situation.



HELPING YOU THROUGH & BEYOND BREAST CANCER

QUESTIONS TO ASK BEFORE STARTING CHEMOTHERAPY



NOBODY SHOULD FACE BREAST CANCER ALONE

Future Dreams Breast Cancer Charity provides practical and emotional support for those diagnosed with breast cancer, promotes breast health awareness and funds vital secondary breast cancer research.

At Future Dreams House you will discover an open, inclusive and safe space where you can be yourself, access the practical support you need and benefit from peer support from the point of diagnosis, throughout your treatment and beyond.

For details on all our in-person and virtual services please go to futedreams.org.uk

FUTURE DREAMS HOUSE

61 Birkenhead Street, London, WC1H 8BB

Nearest station: Kings Cross St Pancras - 3 minute walk

T 020 4558 2950 E info@futedreams.org.uk

Registered charity number in England and Wales: 1123526



QUESTIONS TO ASK BEFORE STARTING CHEMOTHERAPY

- Which chemotherapy drugs will I be given? (If you're given the full names of the drugs, you can then look them up on the Cancer Research UK list of chemo drugs to see what side effects to expect.)
- What are the common side effects associated with those chemo drugs?
- Do you have a list of which side effects I need to call you about?
- What are the contact numbers for getting in touch with you if I have concerns about my side effects? Do you have numbers for day and night concerns?
- What is the procedure and timing for taking my bloods? Do I have them done the day before and if there is a problem with them do you call me?
- How will the chemo be given to me? PICC line? Port? Cannula? Should I apply EMLA cream to the site before coming in for my chemo?
- What time should I arrive on the morning of my chemo?
- Is there anything in particular that I should bring with me when I come for chemo?
- Will I need to bring any food or drinks with me – should I bring my own lunch?
- Will I be sitting in a room with other breast cancer patients, or a mix of patients?
- Do you offer the cold cap?
- If I decide I would like to try the cold cap do I need to bring anything with me such as conditioner, comb, scarf?

- How often will I see the oncologist?
- Will I be given any immunity boosting injections, and if so how will these be administered (by a nurse or at home by me)?
- Do the immunity boosting injections have any side effects?
- Can I take any over the counter medication? For example, hayfever medication, paracetamol, indigestion tablets and so on?
- What pre-meds and post-meds will I be given?
- If the treatment is likely to cause my hair to fall out, do you provide support for this and advice on purchasing wigs?
- Does the hospital have any support groups or a counselling service?
- Do the chemotherapy drugs I'm having, have any impact on my eyes, heart or bone health and if so, what I can I do to counter any side effects/problems?



Visit futuredreams.org.uk/information-hub for further practical tips, expert advice, personal stories and signposts to further information for people impacted by breast cancer, provided by people impacted by breast cancer.

TICKING OFF BREAST CANCER

OTHER CHECKLISTS YOU MAY FIND USEFUL INCLUDE:

- Questions to ask your surgeon, nurse or oncologist
- Pre-operation checklist In collaboration with Dr Nazarain
- What to pack for your surgery
- Preparing for recovery after surgery
- What to take to chemotherapy
- Newly diagnosed with breast cancer
- Preparing for chemotherapy

