

We know that going for chemotherapy can be overwhelming, so we've put together this list of items to take to your chemotherapy appointments to make it more comfortable. See our separate checklist [Preparing for Chemotherapy](#) for a checklist of ways to prepare for your 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

WHAT TO TAKE TO 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 futuredreams.org.uk

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Registered charity number in England and Wales: 1123526



ticking off
**BREAST
CANCER**

WHAT TO TAKE TO CHEMOTHERAPY

WHAT TO WEAR

Wear layers as you might feel warm then cold then warm again. Wear something that allows easy access to wherever you are having the chemo administered: whether a chest port, PICC line or cannula. Wear comfortable clothes as you may be sitting around for quite a long time.

SNACKS

You'll be in hospital for quite a while on your chemo day and not all hospitals provide food so take something for lunch and some snacks.

HERBAL TEA BAGS

Hospitals provide tea and coffee but if you don't want that, you can take your own herbal tea bags.

WATER BOTTLE OR ALTERNATIVE DRINKS

Water can taste different during chemo so you could take some squash or juice to add to water and keep hydrated.

WARM SOCKS OR SLIPPERS AND A SHAWL OR BLANKET

If you're sitting around for a long time you can get a bit chilly, particularly if you are using the cold cap.

SWEETS OR MINTS

Sometimes the chemo can leave a bad taste or metallic taste in your mouth so a sweet or mint can help.

LIP BALM AND HAND CREAM

Your skin and lips can get really dry and if you take nice smelling lip balm and hand cream, they can help distract from all the hospital smells.

NOTEBOOK AND PEN

This is to make a note of any instructions from the nurses or a note of the answers to your questions.

HOSPITAL CHEMOTHERAPY BOOK

The book the hospital gives you to record your appointments.

SOMETHING TO PASS THE TIME

For example, a crossword or puzzle book, a mindfulness colouring book and pencils, an iPad/tablet/laptop with downloaded films and headphones, a book or a magazine.

DOWNLOAD A MEDITATION OR CALMING PLAYLIST

For those of you who find it hard to concentrate on doing anything like reading, meditation recordings and calming music on your phone (with headphones) can help.

HAIR CONDITIONER AND A COMB

For those of you using a cold cap you'll need conditioner and a comb if the hospital doesn't provide them. Check with the chemo nurses what you need to take.

ANTIBACTERIAL HAND GEL, TISSUES, A SMALL TRAVEL FAN, EAR PLUGS, WET WIPES AND AN EYE MASK

All of these will help make your appointment more comfortable.



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
- Questions to ask before starting chemotherapy
- Newly diagnosed with breast cancer
- Preparing for chemotherapy

