



How to get ready for your cancer treatment

Canberra Health Services



Easy English

Blue words



Some words in this book are **blue**.

We write what the blue words mean.

Help with this book



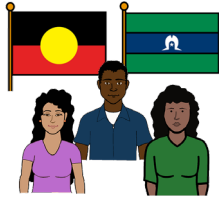
You can get someone to help you

- understand this book
- find more information.



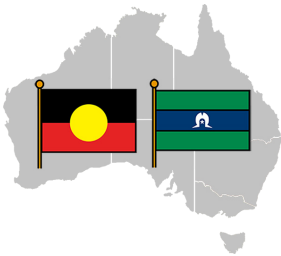
Contact information is at the end of this book.

We acknowledge First Nations people



Acknowledge means we understand the importance of **First Nations people's**

- culture
- language
- history.



First Nations people are the Aboriginal and Torres Strait Islander people.



Aboriginal and Torres Strait Islander people have lived on Australian land for many years.

About this book

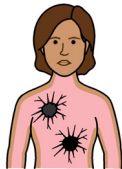
This book is from Canberra Health Services.



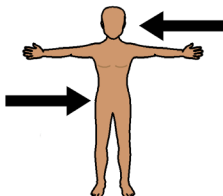
This book tells you how to get ready for your **treatment** for **cancer**.



Treatment means the care you get for your health problem.

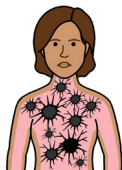


Cancer is a disease that happens when **cells** in the body change and do **not** work well.



For example, the cells can

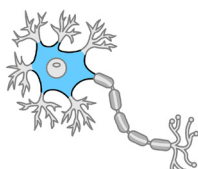
- grow in any part of your body



- spread from one part of your body to other parts



- make you sick.



Cells are tiny building blocks that grow and work together to make each different part of your body.

What to think about before your cancer treatment

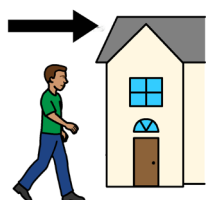


You might come in to the **Canberra region cancer centre** for **day treatment**.



Day treatment is care you get at the hospital where

- you do **not** stay overnight

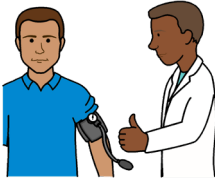


- you go home the same day you have treatment.



If you come in to the **Canberra region cancer centre** for day treatment^t, you can

- bring a support person to help you feel comfortable and make decisions



- wear comfortable clothes to make it easy for doctors and nurses to reach your arms for tests



- plan your transport so you can have a friend or family member drive you home.

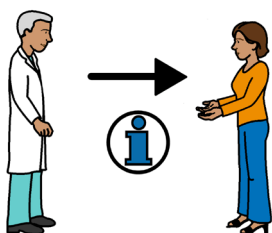


You can talk to a **social worker**, a health worker who can help you if you need help with transport.

Who you can talk to before your treatment



You might feel worried before starting your cancer treatment.

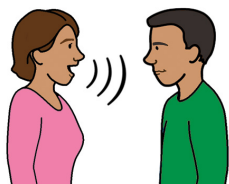


We will give you information about your treatment and **side effects**.



Side effects means things that can happen after a test or treatment.

For example, you might feel sick.



You can talk to

- your carer or support person to ask questions and share information



- your health care team to help get you support at the hospital and in the community.



We can give you information about the support services you can get.



If you need support services, you must tell us so we can get it for you.



How to prepare for chemotherapy

You might need **chemotherapy**.

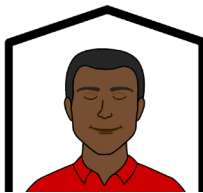


Chemotherapy is a treatment that uses strong medicines to kill cancer cells.

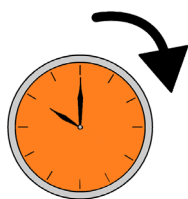


You will have a 1 hour appointment with a chemotherapy nurse to learn about

- how chemotherapy works
- how to feel better if side effects make you feel unwell
- tips to stay safe at home after treatment.



What you can take to your chemotherapy session

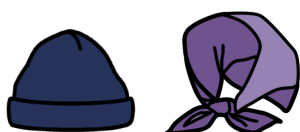


Chemotherapy sessions might take a long time.



You can bring

- a pillow or blanket from home to feel comfortable



- a beanie or head scarf to keep warm



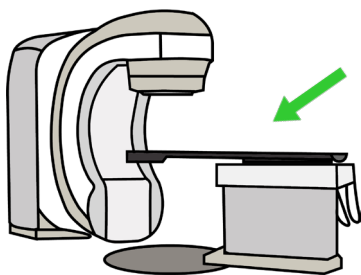
- a book or tablet to read



- socks or slippers with grip to help stop falls

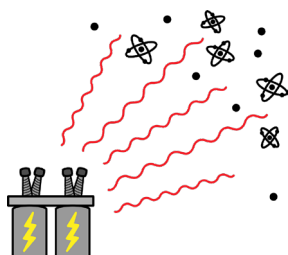


- your own snacks if you do not like the food at the hospital.



How to prepare for radiation therapy

You might need **radiation therapy**.

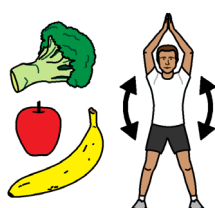
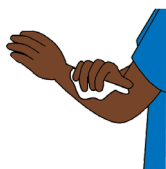


Radiation therapy is radiation beams that kill cancer cells.



You will have an appointment with your **radiation therapy care team** to learn about

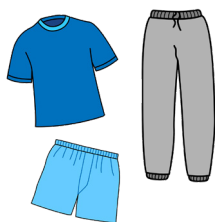
- how radiation therapy works
- the side effects that can happen
- how to feel better if side effects make you feel unwell
- how to take care of your skin
- how to look after your body with food and exercise.



What you can take to radiation therapy



You will have a private space to change into a hospital gown.



You might want to wear comfortable clothes that feel loose on your body.



More information

For more information contact
Canberra Health Services.



Call 02 5124 0000



Website

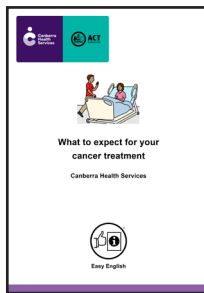
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You can read the full pdf on our website.



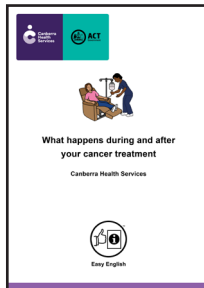
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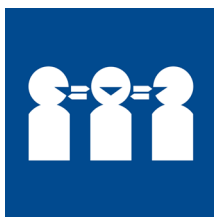
Our other Easy English books that can help you learn more about cancer treatment are

- What to expect for your cancer treatment



- What happens during and after your cancer treatment.

If you need help with English



Use the free Translating and Interpreting Service or TIS to make a phone call.

You can call the TIS in your language.



Call 131 450

Give the TIS officer the phone number you want to call.

If you need help to speak or listen



Use the National Relay Service to make a phone call.

You must sign up to the service first.



Website accesshub.gov.au/nrs-helpdesk



Call 1800 555 660

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