

## What to pack for cancer treatment

There are some things you may like to bring with you if you are coming to the Canberra Region Cancer Centre for outpatient cancer treatment.

### What to bring to chemotherapy or immunotherapy

Chemotherapy sessions can take a long time. We will do all we can to ensure you are comfortable, but you may want to consider packing a few personal comfort items. Here are some suggestions:

- A pillow or blanket. We can provide you with a pillow and blanket, but some people prefer to bring their own.
- A journal and pen.
- Something to keep your head warm, such as a beanie or head scarf.
- Books, a tablet or other entertainment to keep you occupied during your treatment. Headphones are a good idea if you want to listen to anything on your personal device.
- Personal items, such as lip balm, a beanie, eye mask, warm socks or slippers with non-slip soles to prevent falls, or toothbrush and toothpaste.
- Snacks. Our staff and volunteers will arrange a meal or tea and a snack, but you may wish to bring something extra. Some people prefer to bring their own water bottle.

### What to bring to radiation therapy

Radiation therapy sessions are generally fairly quick, lasting 10 to 30 minutes in most cases, so you probably won't need to bring too much. However, you may like to wear comfy, easily removable clothing. We provide individual cubicles for you to change into a hospital gown before your treatment.

- If you are having radiation therapy around the chest area, you may like to consider wearing a comfortable, wireless, soft bra which isn't too tight, or a singlet in a breathable fabric such as cotton or modal.
- Some people like to bring a soothing skin cream or moisturizer for after treatment. Your care team can advise on suitable creams.



#### Acknowledgement of Country

Canberra Health Services acknowledges the Ngunnawal people as traditional custodians of the ACT and recognises any other people or families with connection to the lands of the ACT and region. We acknowledge and respect their continuing culture and contribution to the life of this region.

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