

# Having Chemotherapy



**This booklet tells you what happens when you have Chemotherapy tablets**

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Department

**Patient  
Experience**

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**1**

**Before you have Chemotherapy**

**What is Chemotherapy?**



Chemotherapy is medicine that helps your body fight cancer

Lots of people call it 'Chemo' for short



Your Chemo will be given to you as tablets



You will have to go to the hospital to get your tablets



We will tell you when you need to go. Your carer can go with you

**1**

**Before you have Chemotherapy**

**Having a blood test**



You will need to have a blood test before you can have Chemo



A blood test is when a nurse gently puts a needle into your arm and takes some blood

It might hurt a little bit but it is very important to have this test



Your blood will be looked at through a microscope to see if you can have Chemo



You might have your blood test at your doctor's surgery or at the hospital

**1**

**Before you have Chemotherapy**

**Going to the hospital**



When you get to the hospital go to the reception desk and tell the person your name



They will tell you to wait in the waiting room where they may be lots of other people



If you want to sit in a quiet place make sure you tell the person at the reception desk

They will try to find you a quiet place for you to wait for your Chemo

**1**

**Before you have Chemotherapy**

**In the Waiting Room**



In the Waiting Room there is a shop where you can buy drinks and snacks



There is also a place where you can get information about cancer called The Focus Centre

The staff in The Focus Centre are very friendly and will be happy to help you



If you leave the Waiting Room for any reason, you must tell the person at reception



Give the person at reception your mobile phone number

**Patient  
Information**

**1**

**Before you have Chemotherapy**

**Seeing the doctor or nurse**



They will call you when it is time for your Chemo



If you stay in the Waiting Room you will be called by a nurse for your appointment



The doctor or nurse will ask how you are feeling

They want to make sure you are OK to have your Chemo



After your talk with doctor or nurse you will go back to the Waiting Room

**2**

**Getting your Chemotherapy tablets**

**Getting your tablets**



A nurse will come and get you from the Waiting room to get your Chemo tablets



The nurse will take you to a quiet room. Your carer can go with you



You will see a nurse or a person who is an expert on medicines called a pharmacist



The nurse or pharmacist will give you your Chemo tablets to take home



**Patient  
Information****2****Getting your Chemotherapy tablets**

They will talk to you about your Chemo tablets, they will tell you:

- When to take your Chemo tablets
- How you might feel when you are taking your Chemo tablets



They may give you some other medicine too, to help you feel better during Chemotherapy



You can ask the nurse or pharmacist questions about your tablets



After this appointment you can go home



**3**

**Taking your Chemotherapy tablets**

**Taking your tablets at home**



It is very important that you take your tablets at the times you were told to take them

If you do not take them at the right times they might not work properly



Chemotherapy can make you feel very tired. You might want to rest in the daytime



Make sure you drink lots of water or squash. Try to have 8 drinks a day

**3**

**Taking your Chemotherapy tablets**

**What to do if you feel ill**



If you feel at any time during your Chemotherapy you can call us on the phone



You or your carer can call us at any time of the day or night



Our telephone number is  
**0300 422 3444**



We will ask some questions about how you are feeling on the telephone

We may ask you to come into hospital so we can help you feel better

**Patient  
Information**



There are special nurses in the hospital called **Learning Disability Hospital Liaison Nurses**



The **Learning Disability Hospital Liaison Nurses** are here to support you when you come to hospital



If you or your carer want some more information you can call on the phone on **0300 422 4985**

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