

Getting Chemo in the Hospital: What to Expect



This booklet describes what to expect when your doctor admits you to our hospital for chemo. It also includes answers to some common questions. If you have any questions after reading this booklet, please speak with your doctor or nurse.

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Getting ready for your hospital stay

Complete the items on this checklist to help you get ready for your hospital stay.



- ☐ Watch our online Cancer Drug Therapies class video

Learn how cancer drug therapies work, ways to manage common side effects, and problems you need to call your doctor about.

To access the video:

Go to www.goemmi.com and enter the code SCCIV

Enter your name and date of birth. Choose your doctor from the list and click view. Feel free to share the website and code with family or friends.

- ☐ Ask your cancer doctor if you need to do any of these things **before** starting treatment.

- o See a dentist.
 - o Get any vaccines such as those for the flu, pneumonia or chicken pox.
 - o Talk with a reproductive doctor about fertility options, in case you want to have children in the future.
 - o Have your blood drawn. In most cases, you will need to go to the lab for a blood draw within **3** days of your hospital stay for chemo.
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- ☐ Read the rest of this guide. If you wish, share it with family or friends.
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- ☐ Write down any questions you have. Talk with your doctor or nurse to get the answers.

Common questions and answers

When should I arrive?

The time you should arrive depends on your treatment plan. See page 4 for more details.

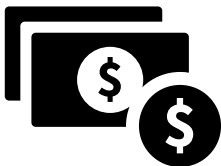
Where can we park?



You or your family can use the valet at the main cancer center entrance or the UH Drive visitor parking garage. The valet and parking garage are both off of UH Drive. Please see the map on page 10 for details.

We advise you have someone drive you home from the hospital when you are discharged. If you receive certain medicines, such as those for pain, nausea or anxiety, it will not be safe for you to drive.

Will I have to pay for parking?



There is a fee to use the valet or the visitor parking garage. Visitors can purchase discount long-term parking passes for 7, 14 or 30 days. To buy discount parking passes, visit the Parking Office on the first floor of the Humphrey Building, room 1629 or scan the QR code.

To find out current parking rates and hours for the Parking Office, call **216-844-7275**.



Should I eat before I arrive?

Ask your doctor or nurse if you should eat before coming to the hospital. If you need a test or procedure, you may need to fast.

Should I take my routine medicines?

Your doctor may tell you not to take certain medicines the morning you are admitted or to take extra medicines before coming in.

Call your doctor's office if you are not sure about what medicines you need to take or not take on the day you are admitted to the hospital.

What should I bring?

- A list of your current medicines. Include prescription and over-the-counter medicines, herbs, vitamins and supplements.
 - Driver's license or photo ID
 - Insurance card
 - Names and phone numbers of any doctors you see
 - Copies of your Durable Health Care Power of Attorney and/or Living Will, if you have them. These forms are also called Advance Directives.
 - Items to help pass the time, such as books, word puzzles, music or a computer. Wi-Fi access is free.
 - Any clothing or personal care items you want from home, such as a toothbrush, toothpaste, shampoo and deodorant.
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What should I wear?

Wear loose, comfortable clothing. Dress in layers or wear something that zips or buttons in the front. This will make it easier for the nurse to start your IV. Bring a jacket, sweater or blanket because it's often cold in the hospital.

Can a guest stay with me?

While we support visitors, there may be times when we restrict visitors for safety, such as during cold and flu season, or COVID-19 (Coronavirus) outbreaks. Please talk with your doctor or nurse about our current visitor policy.

How long will I be there?



Your doctor or nurse can tell you how long they think you will be in the hospital. The time you are here may be shorter or longer based on your treatment plan and when your chemo starts and stops.

Your hospital health care team will speak with you in greater detail about your discharge plan once you are here.

What do I need to do on the day I am admitted?



On your day of admission, call Bed assignment at 8 a.m. to find out if your bed is ready. Their phone number is 216-844-1673.

Inpatient beds cannot be held or reserved in advance. If the hospital is busy, a bed may not be ready at 8 a.m. If this happens, you will be asked for a contact phone number. When your bed is ready, the Bed Assignment staff will call you at that number. Please have a plan in place to get to the hospital promptly after you find out your bed is ready.

To check the status of your bed request throughout the day, call Bed assignment at 216-844-1673.

The Bed assignment staff can tell you where to check-in.

If you are scheduled for a procedure, labs or to see your doctor the same day, come in for those visits even if your bed is not ready. **After** your visits are complete, check in at the Adelman Welcome Center on the lobby level. The front desk staff can direct you to your hospital room once it is ready.

What else do I need to know?

Pre-admission testing

Your doctor may order blood tests and radiology scans that need to be done before your stay. For some treatments, you may also need to come in for a pre-admission evaluation with a team member.

Billing questions

For questions about a bill, or to reach a financial counselor, call 1-866-771-7266.

About each room

Each hospital room in UH Seidman Cancer Center has:

- Private bathroom and shower
- Free TV local stations and cable
- Free wireless internet access
- Small safe – although we ask you leave any items of value at home
- Closet

Safety

The process to safely give your treatment takes time. Please be patient with us.

During this process:

- Our nurses and pharmacists check and double check your treatments before they are given to make sure they are correct. See pages 8 and 9 for more details.
- Your nurse may wear gloves, mask, gown and/or goggles when handling some medicines.
- We ask you many times to state your name and date of birth.



We need you to speak up and ask questions!

Talk to your nurse if you have any questions or concerns during your treatment process.

No smoking policy

We do not allow smoking, tobacco or E-cigarettes in any UH buildings or on any UH property. This is for the health and safety of all patients, visitors and staff.

If you smoke or use tobacco, we can help you quit. Speak with your doctor or nurse to learn more.

Visitation policy

While we support visitors, there may be times when we restrict visitors for safety, such as during cold and flu season, or COVID-19 (Coronavirus) outbreaks. When visitors are allowed, we ask that they follow these guidelines:

- Limit the number of visitors to no more than two at a time.
- Do not visit if you are sick, or might have a cold or other illness.
- Make sure all children are being watched by an adult other than the patient.
- Keep voices low.
- Do not bring latex balloons. Some floors do not allow fresh flowers, or live or dried plants. Please check with the floor for their rules.
- Check with the nurse for any other special visitor guidelines for your floor.

Leaving the floor

For your safety, you cannot leave the floor while chemo is going through your IV, except for tests and treatment ordered by your doctor. If you need to leave the floor for a test or radiation treatment, a member of our patient transport team must go with you.

Preventing infections

Germs can cause infections that can make us sick. Washing your hands often and taking a bath or shower each day are 2 ways to kill germs. In the hospital, we offer a special bath wipe called a CHG bath wipe. The wipes contain a special ingredient called Chlorhexidine Gluconate, or CHG for short. When used the right way, CHG wipes can greatly lower the amount of germs on your skin.

Your care team can give you the CHG wipes and explain how to use them.

Helping us prevent falls



When you're in the hospital, your chances of falling are higher than at home. Some common reasons you could fall include being in a new place, medicine side effects, medical devices and changes in your normal routine.

We need your help to prevent falls. Press the nurse call light anytime you need help. Wait for staff to arrive. For added safety, we may use a bed alarm and stay nearby when you use the bathroom. If you have questions or concerns, please talk with your nurse or doctor.

Your hospital health care team

An **attending doctor** is in charge of your care while you are here, but you may also receive care from these team members:

Nurse practitioners and Physician Assistants – staff with advanced training in how to diagnose and treat illness. Also called Advanced Practice Providers.

Resident doctors – doctors in training who are done with medical school.

Planning to go home



It's best to think about your plan for going home **before** you enter the hospital. It can be hard to know exactly how you will feel when you leave, so we suggest thinking about:

- Is there someone who can stay with you or stop by and check on you, if needed?
- Who can help you with housework or running errands?
- How will you get to the grocery store and make meals for yourself?
Do you need someone to help you?
- Who will help you get to and from any doctor, lab or treatment visits?
- Do you have a working thermometer? If not, be sure to get a thermometer **before** you enter the hospital. You will need to be able to check your temperature at home quickly if you are not feeling well.

What happens the day I am admitted for chemo?

Many steps are involved to make sure your hospital stay and treatment are safe. Each step takes time. This is a basic outline of what to expect the day you are admitted for chemo. Your plan may differ slightly, based on your chemo and any scheduled tests or procedures.

Staff member	What will happen?
Admitting Office	- Checks you in and asks you to fill out any needed forms. - Directs you to your room.
Nurse Aide or Nurse	After you arrive in your room, gets your blood pressure, pulse, temperature and weight. Chemo is based on your height and weight, so we check your height and weight each time you are admitted.
Nurse	- Meets with you and starts the admission process. This includes a review of your medicine list with you and asking questions about your health history. - Starts an IV and draws blood if needed. This process often takes 30 to 60 minutes.
Nurse Practitioner, Physician Assistant or Doctor	- Meets with you and answers questions, reviews your medicine list with you and does a medical history and physical exam. Please note that some of your home medicines may be stopped or changed during your stay, based on your treatment plan. If you have any new health concerns, these may need to be discussed with your doctor before your chemo starts. - Enters your admission orders into the electronic medical record (EMR). - If you have your blood drawn the day you arrive, waits for your lab results. If you have your blood drawn before you arrive, checks the EMR for the results.

Staff member	What will happen?
Nurse Practitioner, Physician Assistant or Doctor	If your blood work is OK, tells the nurse to release your chemo orders to the pharmacy. This process can take 1 to 3 hours.
Chemo Certified Nurse	Must double check your chemo orders on the computer with another nurse before the orders are released to the pharmacy. This must be done by two nurses trained (certified) to give chemo.
Pharmacy	- Double checks your chemo orders for safety. Your chemo cannot be made ahead of time. The pharmacy must wait for each step to happen. This is because treatments are specific to each person and safety checks must be done throughout the process. - Once the safety checks are done, the pharmacy starts to make your chemo and any other needed medicines. This process can take 2 to 3 hours.
Chemo Certified Nurse	- Waits for all of your medicines from the pharmacy. A final double check is done in front of you by two nurses trained (certified) to give chemo. - Begins giving you your chemo. It may take many hours from the time you arrive at the hospital to the time your chemo begins.

UH Cleveland Medical Center campus map



The hospital address is:
11100 Euclid Avenue
Cleveland, Ohio 44106

You can use the valet at the main cancer center entrance or the UH Drive visitor parking garage. Both are off of UH Drive.

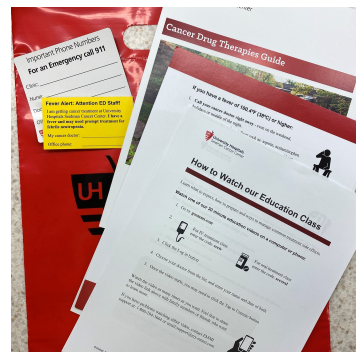
For current parking and valet rates, call the UH Parking Office at **216-844-7275**.

To learn more

- Speak with your doctor or nurse if you have any questions.
- Call **216-286-INFO** to reach our Puck Learning Resource Center. The Learning Resource Center offers books and pamphlets about cancer and topics such as:
 - Stress management
 - Local cancer support services
 - Spiritual care
 - Caregiver support and resources
 - Talking with children about cancer
 - Quitting smoking

Did you get a chemo education bag?

Our chemo education bag contains a book about common side effects plus other resources for you and your family. If you need a chemo education bag, please ask your nurse or call our Patient Education Office at 216-844-5432.



Chemo education bag resources



Our Resource Center is on the first floor of UH Seidman Cancer Center, across from desk C. Services are free for all patients and visitors.