



## Preparing for Your Infusion

Your infusion referral has been sent to: \_\_\_\_\_.

**If you have not been contacted in a week, please call \_\_\_\_\_**

**to check in and ask for an update.**

### **Be on the lookout for a phone call from the infusion center!**

If you are unable to answer when the infusion center calls, it is important to call back right away – they may need more information from you before they can continue.

### **Find out the visitation policy.**

To help prevent the spread of COVID-19 infections, many sites are unable to allow visitors at this time. Ask your infusion site before planning to have a friend or family member stay with you during your treatment.

### **Start drinking extra fluids like water prior to your appointment.**

Staying hydrated can help make your veins more easily accessible. If you have been told to limit how much you drink due to another medical condition, check with your healthcare provider before drinking extra fluids.

## Infusion Day Tips

### **Start your day as usual.**

No special preparation is needed before your infusion. Eat a nutritious breakfast, stay well hydrated, and take your usual daily home medications.

### **Wear comfortable clothing and be sure your shirt sleeves can be rolled up to allow access to your arms (and veins!).**

Some people feel chilly during their infusion because the medication is cooler than your body temperature. Dressing in loose layers and warm socks can help.

### **Bring something to keep your mind busy.**

Reading a book, doing a crossword puzzle, or playing games on a tablet will help pass the time much faster than watching the clock.

### **Wear a mask!**

You may be asked to wear a mask over your nose and mouth when you are around other people to help stop the spread of COVID-19.

*Together for Treatment.*