

First chemo: prep checklist

The first infusion is its own event. *Use this to prepare the night before and pack the day-of bag.*

NIGHT BEFORE

- Take any prescribed pre-medications (anti-nausea, steroids)
- Hydrate well
- Light dinner; nothing heavy
- Lay out the day-of outfit
- Pack the bag
- Charge the phone, tablet, headphones
- Confirm the driver — first chemo is not a solo drive
- Sleep early if you can

DAY-OF BAG

- Port-access top (or button-front shirt)
- Soft pull-on pants
- Slip-on shoes
- Light fleece or zip-front jacket (rooms are cold)
- Tablet with downloaded entertainment
- Noise-canceling earbuds
- Phone charger with long cord
- Water bottle
- Renal/dietary-friendly snacks
- Lip balm and hand cream
- Ginger candies
- Insurance card and ID
- Updated medication list
- A small pillow

AFTER THE APPOINTMENT

- Get into pajamas at home
- Light meal
- Hydration, slow
- Anti-nausea meds on schedule
- Don't make any plans for the next 48-72 hours

This sheet is for inspiration only. Always consult your medical team for guidance specific to your situation. Inspired Comforts is not a medical provider.

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