

Personal Chemotherapy Planner



Use this planner to help you prepare for chemotherapy, organize your medical and treatment visits, personal life, and ongoing commitments. Talk with your health care professional about the common side effects listed here and what you may expect. We hope this planner will give you the tools you need to stay on your recommended dosing schedule and live life to the fullest. Learn how you can make yourself comfortable and stay on track in the weeks ahead for optimal treatment outcomes.

Thanks to medical advances, chemotherapy today has become more tolerable than ever before. Many chemotherapy side effects can be prevented or reduced. This can make it possible to lead a normal life while undergoing treatment—enjoying activities, spending time with family, and continuing to work.

Get Organized Now

Chemotherapy treatments and schedules may have an impact on your regular routines. The more organized and prepared you are, the easier it will be. Here are some steps you can take now that will help you manage your time wisely and conserve your energy once your treatment begins:

- Arrange for someone to take me to my treatments and doctors' appointments (if needed).
- Make a list of all of my commitments (work, activities, volunteer work, etc.) and prioritize their importance.
- Find someone who will be my temporary replacement for those commitments that may be difficult for me to continue at this time.
- Call my insurance company to find out about my coverage.
- Talk to my employer about adjusting my workload, arranging for a medical leave, or taking off the time I need for treatment.
- Get help with shopping or arrange grocery delivery.
- Give my children's teachers and counselors a heads-up in case they notice any behavior or other issues.
- Schedule carpooling, babysitting, and child care.
- Write down my questions and concerns to discuss with my doctor.

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Prepare for Potential Hair Loss

Chemotherapy can cause hair loss or hair thinning, depending on the type chemotherapy drug[s] and the dosage you receive. Your doctor can tell you ahead of time if you can expect to lose all or some of your hair. He or she can also help you with any of your concerns about your hair.

Questions to Ask My Doctor

- Will I lose my hair based on my treatment regimen?
- When do you think my hair might start to fall out, and will it grow back?
- Does my scalp need special treatment once my hair falls out?

Checklist

- Call my insurance company to see if the cost of my wig will be covered.
- Make my hairdresser appointment now for a short haircut before my hair starts to fall out.
- Before hair loss occurs, go shopping for a wig (or hats, turbans, or scarves) that best matches my current style and color.

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