

Michael Garron Hospital
Oncology and Hematology Clinic

Pre-Treatment Teaching Package

Read this package to learn:

- About the clinic
- Types of treatment
- How to prepare for your treatment
- How your treatment day will look
- How to stay safe after your treatment
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The Oncology and Hematology Clinic

Welcome to the Michael Garron Hospital's
Oncology and Hematology Clinic.

We are located on the 2nd floor of the K-Zone.

Our Hours

Clinic: Monday to Friday 8:00am - 4:00pm

Blood Collection Lab: Monday to Friday
7:30am - 3:30pm

Closed: Saturdays, Sundays, and statutory
holidays

**Arrive on time, up to 30 minutes
before your scheduled treatment.**

**Call us at (416) 469-6580 ext.
2624 if you are running late. We
may need to rebook your
treatment if you are late.**

Types of Cancer Treatments

You have been diagnosed with cancer. Cancer happens when a group of unusual cells come together and grow out of control.

Your treatment will stop or slow cancer cells from growing and spreading.

Your doctor will prescribe treatments in one or more of the following ways:

- Pills to swallow
- Injections given under the skin or muscle
- Infusions given into the bloodstream

Ask your doctor about the reason why you are receiving treatment.

Chemotherapy

Chemotherapy stops fast-growing cells, like cancer cells, from growing. It can also affect the cells in your hair, stomach, and blood.

Immunotherapy

Immunotherapy uses your body's immune system to stop cancer cells from growing.

Targeted Therapy

Targeted therapy drugs target special parts found on or inside cancer cells.

Hormone Therapy

Some types of cancer cells feed off of hormones. Hormone therapy tells your body to stop releasing these hormones.

Preparing for Treatment

How do I get to the clinic?

You can get to the clinic by walking, taking the bus, or driving. Our temporary main entrance is located on Sammon Ave., east of Coxwell Ave.

Public parking is available on Levels 1 and 2 of the Dewji Family and Mr. Lube Parking Garage, located beside the main entrance.

Dewji Family and Mr. Lube Parking Garage Rates (Monday to Friday, 7:00am - 6:30pm):

\$5.10 for every 20 minutes (max. \$28.20)

Parking passes are available to patients, families, and visitors. These passes provide in-and-out access 24 hours a day for up to three vehicles in the Dewji Family and Mr. Lube Parking Garage and can be used on back-to-back or separate days. Visit Patient Registration on the M-Wing, 1st floor to buy a pass.

5-Day Pass
\$80

10-Day Pass
\$160

30-Day Pass
\$480

To get to the clinic using public transportation, take the 70 O'Connor northbound bus from Coxwell Station and get off at Sammon Ave.

If you have difficulty getting to the clinic, the Canadian Cancer Society offers a volunteer driver service to bring you to and from your appointments. To learn more, speak with our Social Worker at (416) 469-6580 ext. 3104.

What should I bring?

- Health card
- A list of all prescribed medications, over-the-counter medications, supplements, and vitamins you are taking
- Any equipment you need (e.g. oxygen tank, wheelchair, ostomy supplies, etc.)
- 1 adult family member or friend (only 1 visitor is allowed to sit with you in the clinic during your treatment. Arrange childcare before your visit)
- Food and drinks (you may eat and drink during your treatment)
- Some visits may be long, so bring things to keep you entertained

How your Treatment Day will Look

Before your treatment: Do your bloodwork the day before. You may also meet the doctor and Clinic Nurse to see how you are feeling. The Clinic Nurse will weigh you and take your vital signs.

You may be asked to bring or take medications, or not to take certain medications, before your treatment. If needed, your nurse will explain this.

When you arrive, check in at the Registration Desk on K2. You do not need to register downstairs.

Complete the Symptom Screening survey at the computer while you wait.

For the safety of all patients, do not enter the treatment area without being called first.

During your treatment: The Treatment Nurse will give you your treatment, either as a pill, needle, or infusion. If needed, the nurse may place an intravenous (IV) line into your lower arm. You will be connected to a movable IV pole, so you can still use the washroom during your treatment.

After your appointment: The nurse or clerk will give you the information for your next treatment date and time. We may ask you to pick up some medications at your pharmacy afterwards.

Who will take care of me?

- Clinic nurses
- Treatment nurses
- Oncologists and hematologists
- Pharmacists
- Social worker
- Dietitian
- Drug Access Navigator
- Booking appointment clerks
- Ward aides

If you feel sick at any time during your treatment, tell a staff member.

Staying Safe after your Cancer Treatment

Chemotherapy is harmful to your body's cells. Your pee, poo, vomit, blood, and sperm will contain chemotherapy for the first few days after treatment.

If you received chemotherapy, protect yourself and your loved ones for **1 week** after treatment by:

- Closing the toilet seat lid and flushing the toilet two times after using the washroom
- Washing your hands with soap and water after touching any bodily fluids
- Using protection during sexual activity
- Cleaning any surfaces exposed to bodily fluids with soap and water using gloves
- Not sharing food, drink, or utensils

If you or anyone living near you has signs of a cold or flu, wear a mask, stay away from crowded areas, and wash your hands often.

When to go to the Emergency Department

Go to your nearest Emergency Department if you have:

- A fever above 38.3°C (100.9°F) at any time
- A fever above 38.0°C (100.4°F) for over 1 hour
- Vomiting or diarrhea for over 24 hours that does not stop with medications
- Pain that does not stop with medications
- Bleeding that does not stop
- Any itching, swelling, chest pain, or difficulty breathing after your treatment

If you have a fever, do not take Tylenol[®]. Let the nurse in the Emergency Department know about your cancer treatment.

Accessing your Health Records with MyChart™

TO REGISTER,
SCAN THE QR
CODE:



Staying updated on your care plan is important. Sign up for MyChart™ to access to your bloodwork results and medical reports.

Nurses are not able to print out copies of your bloodwork.

Release of Information Office

Location: G1-220

Monday to Friday,
8:30am - 4:00pm

Tel: (416) 469-6580
ext. 6273

Other Resources

Wellspring
wellspring.ca

Free counselling, support programs, and resources for patients and families

Canadian Cancer Society
cancer.ca

Online education and peer support programs across Canada

Look Good Feel Better
lgfb.com

Guidance on skincare, cosmetics, and hair alternatives

Penguin Cold Caps
1-888-368-3818

For information on renting cold caps to use during treatment

Gilda's Club
gildasclubtoronto.org

Free emotional and social support programs for patients and families with children

Nankind
nankind.com

Free in-home child and family support for families coping with a parent's illness

Advance Care Planning Canada
advancecareplanning.ca

Develop an advance care plan to guide future health and personal care decisions

Indigenous Health Services

MGH's Indigenous Patient Navigator provides support and advocacy for First Nations, Inuit, Métis, and urban Indigenous patients and families.

Our Indigenous Patient Navigator supports patients and their families receiving cancer care in screening, diagnosis, survivorship, palliative care, and end-of-life care. Services include:

- Supporting holistic care planning
- Arranging requests for spiritual supports like traditional ceremonies, sacred medicines, and drumming
- Providing language interpretation
- Referring to Indigenous community resources

Contact our Indigenous Patient Navigator:

Daniel Chilton, RN
Member of Moose Cree First Nation

indigenoushealth@tehn.ca | (647) 330-7632
Office hours: Monday to Friday, 9:00am - 5:00pm

Contact Information

I need to talk to someone about my symptoms between Monday to Friday (excluding statutory holidays) from 8:00am - 4:00pm:

Clinic Nurse Line: (416) 469-6580 ext. 2752

I need to talk to someone about my symptoms on a weekend, statutory holiday, or any time between 4:00pm - 8:00 am:

After-Hours Symptom Management Line:
1-877-681-3057

I need to change or cancel an appointment:

Appointment Line:
(416) 469-6580 ext. 2624

I have questions about my nutrition, or I need help managing my loss of appetite, taste changes, and/or weight loss:

Dietitian: (416) 469-6580 ext. 3876

I have questions about my medications, or I want to start a new medication, vitamin, or supplement:

Pharmacist: (416) 469-6580 ext. 6411

I need support with practical, emotional, and/or financial concerns:

Social Worker: (416) 469-6580 ext. 3104

I am awaiting a home care or community clinic appointment but have not heard back:

Ontario Health atHome: (416) 506-9888

Tear off this page and keep it somewhere easy to find.