

FOR YOUR VISIT:

Your first visit to the cancer centre is a time when your cancer care team gathers all your medical information to treat your illness, as well as any other information that may be needed to help you and your family with cancer treatments.

What to bring:

Before you come to your appointment, use this checklist as a guide to ensure you have everything you will need for your first visit:

- Make a list of all the medications that you are taking or ask your pharmacist to print you a list to bring with you.
- You should include any over-the-counter drugs, vitamins, supplements, creams, herbals and alternative medicines. Please also include the name and numbers of your pharmacy.
- Bring your MCP (Medical Care Plan) and hospital card as well as the name of your insurance provider.
- Make a list of all allergies and the type of reaction that you have.
- Bring a family member or support person to your appointment to help take notes and ask questions
- Tell your health care provider if you have had any recent falls or if you use any assistive devices (canes, walker, hearing aid).
- Name and number of your family physician or nurse practitioner.
- A list of questions you may have for your health care team.
- Any forms you may need completed by your physician or member of the health care team (examples: insurance, absence from work, forms that confirm your visit for the day).
- Bring something to do while you wait (e.g. reading, puzzle book, etc.).
- Cash or credit card for parking.
- If you have a living will or [Advanced Health Care Directive](#), please bring a copy with you.