



Namibian Oncology Centre

# What to Expect: Chemotherapy

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A guide to your chemotherapy treatment at NOC



# Before Your First Treatment

- Your oncologist will explain your treatment plan, including which drugs you'll receive
- You may need blood tests before each cycle to check your body is ready
- Take your anti-nausea medication as prescribed, even before treatment
- Eat a light meal - don't come on an empty stomach, but don't overeat
- Wear comfortable, loose clothing with easy arm access for IV placement
- Bring items to pass the time: book, tablet, phone, earphones
- Bring a family member or friend if you'd like company

# During Your Treatment

*Our chemotherapy infusion centre is designed for your comfort. Treatment times vary from 30 minutes to several hours, depending on your protocol.*

- Our nurses will place an IV line (or access your port if you have one)
- Chemotherapy drugs are prepared in our biosafety pharmacy for your protection
- You can read, watch videos, sleep, or chat during infusion
- Our garden courtyard is available if you'd like fresh air
- Tell your nurse immediately if you feel unwell during treatment
- Snacks and drinks are available - bring your own favourites too
- Most patients go home the same day

# After Your Treatment

- Have someone drive you home, especially after your first session
- Rest if you need to, but gentle activity is usually fine
- Continue taking anti-nausea medication as directed
- Drink plenty of fluids to help your body process the drugs
- Eat small, frequent meals even if you're not hungry
- Wash hands frequently - your immune system may be weakened
- Track how you feel in the days after treatment

# Common Side Effects

*Side effects vary depending on the drugs used and your individual response. Not everyone experiences all of these. Many are manageable with medication.*

- **Fatigue:** The most common side effect. Rest when needed.
- **Nausea:** Usually well-controlled with medication we'll provide.
- **Hair loss:** Depends on the drugs. Usually temporary.
- **Infection risk:** Your white blood cells may drop. Avoid sick people.
- **Mouth sores:** Rinse regularly with salt water.
- **Appetite changes:** Eat what appeals to you.
- **Numbness/tingling:** Tell your team if you notice this.



# Chemo Day Checklist

- ✓ Take anti-nausea medication as directed
- ✓ Eat a light meal
- ✓ Bring medical aid card and ID
- ✓ Wear comfortable clothes with easy arm access
- ✓ Bring entertainment (book, tablet, headphones)
- ✓ Bring snacks and water bottle
- ✓ Arrange transport home
- ✓ Pack a light blanket or jersey (infusion rooms can be cool)



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## Call Us Immediately If You Experience:

- Fever above 38°C or chills
- Severe vomiting or diarrhoea
- Bleeding or unusual bruising
- Severe mouth sores preventing eating/drinking
- Signs of infection at IV site



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