

How can the Cancer Navigation Team help me?

The Cancer Navigation Team is comprised of experienced Registered Nurses and a Registered Social Worker. The Cancer Navigation team is available through all stages of your cancer journey. They can:

- Ensure you're fully informed about your tests, treatments, symptoms, and medications.
- Help you prepare for your appointments.
- Act as a contact point to answer questions and coordinate care between all members of your healthcare team.
- Provide you with emotional, spiritual or psychological support and connect you with other community resources.
- Help you with follow-up care and support you through life after treatment.

Contact

Interested in learning more or referring yourself to the program?
Contact the Cancer Navigation Team directly or through a referral from one of your NWT healthcare providers.

Toll Free: 1-866-313-7989

Cancer Nurse Navigators (opt. 3)
Oncology Medical Social Worker (opt. 4)

Email:

Cancer Nurse Navigators:
cancer_navigator@gov.nt.ca
Oncology Medical Social Worker:
cancer_socialwork@gov.nt.ca

www.cancernwt.ca

Une version française de ce document est disponible.

Northwest Territories Health and Social Services Authority
Box 1320, Yellowknife, NT
X1A 2L9



NORTHWEST TERRITORIES
**Health and Social
Services Authority**

**Preparing for
Chemotherapy**

Patient Resource

Getting Ready

Ask someone to drive you to and from treatments.

After chemotherapy, you could feel tired and not up to driving. It can help to have a friend or family member present to assist with transportation and emotional support.

Arrange for help with meals and child care.

It might be tough to cook dinner or take care of your kids if you're dealing with side effects like fatigue or nausea. Loved ones can help by cooking and freezing meals ahead of time, volunteering to babysit, run errands, or just lend a hand around the house.

Clear your schedule.

Don't plan to go to any events or do activities in the hours after chemotherapy. You might just want to go home and take a nap or relax. You may feel very tired the day after a session, as well.

A chemotherapy session may take only a few hours, but you might have side effects for days or weeks afterward.

To make your life easier and more comfortable as you recover, think about how you'll take care of yourself at home before you go in for treatment.



Helpful Notes

Talk with your employer.

Some people schedule chemotherapy around their work hours, but many others find that they need time off, both for the treatment appointments and in the days or weeks after. Know your options and your rights.

Visit the dentist.

Mouth sores are a common side effect, so it's smart to get dental work or cleanings before you start your sessions. You should also ask about good oral care during chemotherapy, like brushing with a soft toothbrush and using an alcohol-free mouth rinse.

Stock up on healthy groceries.

Staying hydrated can ease some side effects, so have plenty of low-calorie drinks on hand. You might also want to buy frozen meals or have friend help you prepare meals in advance for the days you might not feel like cooking.