

Preparing for Treatment Checklist

Make sure you understand

Learn all you can about your procedure and the recovery process:

- Double check by explaining it back to your doctor or nurse
- For questions or problems, know whom to call and have their numbers handy
- Know reasons why your doctor would want you to get in touch



Verify all your medications

- List all current prescriptions, over the counter and supplements
- Ask your surgeon if anything should be discontinued before/after treatment
- Make a chart for doses needed after treatment
- Check off doses taken



Plan your nutrition and shopping

- Post-surgery wellness is helped by good food
- Plan meals for the first week
- Ensure you have contact numbers for friends who could pick up groceries and help with meal preparation if you're in need
- Have healthy, ready-to-eat snacks available - apples, dried fruits, nuts and cereal bars are good options



Plan your transportation needs

- Most people need continuing assistance in the days and weeks after surgery
- Speak to friends who can drive you if needed or who can accompany you if using public transport
- Arrange transport for your check-up visits several weeks following treatment, as you may not be cleared to drive for several weeks post-surgery



The more we listen, the more lives we save