



Lynda Jackson Macmillan Centre

for cancer support & information

... supporting people affected by cancer...

This leaflet forms part of a series of publications produced by the Lynda Jackson Macmillan Centre (LJMC).

If you would like further information about any aspect of cancer and its treatments, please drop in to the centre or call the Helpline.

The LJMC is staffed by healthcare professionals and trained volunteers and is part of the Mount Vernon Cancer Centre.

- Drop-in centre for support and information
- Telephone Helpline
- Benefits Advice *
- Pre-treatment visits
- Complementary therapies *
- Relaxation classes
- Counselling *
- Support groups
- Look Good...Feel Better™ beauty workshops

* These services are available to patients under the care of an NHS oncologist based at Mount Vernon Cancer Centre.

How did you feel during your Chemotherapy Treatment? Your personal record Mount Vernon Cancer Centre

Opening hours: Mon - Fri: 9.30am - 1.00pm & 2.00 - 4.30pm

Lynda Jackson Macmillan Centre

situated between the Cancer Centre and Gate 3 (White Hill)

Mount Vernon Hospital, Northwood, Middlesex HA6 2RN

Telephone Helpline: **01923 844014**

www.ljmc.org

Fill out a chart each day throughout each session of your treatment. Then bring this booklet with you each time you see the doctor and nurses giving you your treatment. It will help you to remember accurately how you felt and enable the team treating you to try to ease your side-effects.

This is an example of how to fill in your personal chart.

Session number: **1 of 6** Starting date: **21st November**

Fill in here the dates, starting with day 1 of session 1 of your chemotherapy

| Side-effects as they happen to you | 21 Nov | 22 Nov | 23 Nov | 24 Nov | 25 Nov | 26 Nov | 27 Nov | 28 Nov | 29 Nov | 30 Nov | 1 Dec | 2 Dec | 3 Dec | 4 Dec |
|------------------------------------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|-------|-------|-------|-------|
| Nausea | | ✓ | | ✓ | ✓ | | | | | | | | | |
| Sickness | | | | ✓ | ✓ | | | | | | | | | |
| Diarrhoea | | | | | | | ✓ | ✓ | | | | | | |
| Fatigue | | | | | | | | | ✓ | | | | | |
| Sore mouth | | | | | | | | | | | | ✓ | ✓ | |
| Constipation | | | | | ✓ | ✓ | | | | | | | | |
| Best days | | | | | | | | ✓ | ✓ | | | ✓ | ✓ | ✓ |
| Worst days | | | | | | | | | | | | | | |

Contacts

If you have any questions or concerns, please do not hesitate to call:

Chemotherapy suite:01923 844527
(Mon - Fri 8am - 5pm) (outside these hours outpatients may call the wards below)

Marie Curie Ward:01923 844225
(Mon 7.30am to - Fri 8pm)

Ward 10:01923 844205/844042
(24hr cover 7 days a week)

Ward 11:01923 844215/844043
(24hr cover 7 days a week)

Radiotherapy Reception:01923 844469 (Mon - Fri)

Pharmacy:01923 844443 (Mon - Fri)

Dietitian:01923 844144 (Mon - Fri) (answerphone)

Chart Lodge:01923 844131

Paul Strickland Scanner Centre:01923 844283

For additional support and information, call or drop in to the Lynda Jackson Macmillan Centre (next to Chemotherapy Suite)Details on the back of this leaflet

Mount Vernon main switchboard:01923 826111

This leaflet has been written in collaboration with oncologists, health professionals, patients and carers at Mount Vernon Cancer Centre.

If you have difficulty reading this size of print, a version of this leaflet or any of our leaflets can be produced for you in a larger print.

