

# Systemic anti-cancer therapy (SACT)

Patient Information Series PI 02

Patient Label

SACT regimen:

Scheduling:

Consultant:



## Contacts

If at any time during your course of systemic anti-cancer therapy (SACT) you become unwell you must contact:

### **24 hour Acute Oncology Service**

**Mount Vernon Cancer Centre: 07825 028855**

Questions about your medications:

Pharmacy (Satellite Unit): ..... 020 3826 2238  
[Mon–Fri, 10.00am–4.00pm]

or for non-urgent queries, ENHT Pharmacy Helpline email:  
medinfo.enh-tr@nhs.net

Contact Centre Hub: ..... 0333 332 5470

## Recording your appointment

You may want to record your discussion with the doctor or nurse on a smartphone to help you remember information. If you would like to do this, please say at the start of the appointment that you will be recording so the staff are aware. We will make a note that the consultation was recorded and who was present, to make it easier if you need to refer to it later. Please be aware that we do not allow video recording.

### **If you normally pay for NHS prescriptions**

People undergoing treatment for cancer do not have to pay NHS prescription charges if they have a valid medical exemption certificate. To get an exemption certificate, ask your GP for an application form.

# Systemic anti-cancer therapy (SACT) at Mount Vernon Cancer Centre

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## Contents

Contacts	2
Recording your appointment	2
If you normally pay for NHS prescriptions	2
Introduction	4
Who will be looking after me?	4
What is systemic anti-cancer treatment (SACT)?	5
How does SACT work?	5
How is SACT given?	6
Your Alert Card	6
Serious and potentially life-threatening side effects	6
Will the SACT infusion hurt?	7
Where will I have my SACT?	7
Your treatment schedule	8
How often must I have SACT?	10
How long will my treatment last?	10
How often must I have blood tests?	10
What are the possible side effects?	10
What if I get a blood clot?	15
What about my work and leisure activities?	16
What about my holidays?	16
What about my nutrition and diet?	17
Will the SACT affect my sex life?	17
What about my fertility?	18
What about my other medicines?	18
Am I allowed alcohol during treatment?	19
What about smoking?	19
Should I have a flu vaccination?	19
What can I do to help myself while receiving SACT?	20
What if I feel unwell?	20
Car parking at the hospital	21
Getting help with paying for transport	21
Other help and support	22
Consent	23
Identification	23
Pregnancy/fathering a child	23

## Introduction

Your cancer specialist<sup>1</sup> has recommended that your cancer is treated with a course of systemic anti-cancer treatment (SACT).

This leaflet is a simple guide to SACT. We hope it will answer some of your questions.

If you have any further questions before, during or after your treatment, please speak to one of the team treating you - there are also some useful contact telephone numbers at the beginning of this booklet.

## Who will be looking after me?

A specialist cancer doctor is called an oncologist.

They work with a multidisciplinary team (MDT) to plan and oversee your treatments.

The MDT looking after you can include:

- clinical nurse specialist (CNS)
- non-medical prescribers (NMP)
- dietitians
- pharmacists
- surgeons (if needed)
- histologists
- allied health professionals (physiotherapists, speech therapists, occupational therapists and social workers)

Each time you come for your treatment you will be seen either by the doctor or a nurse. Your treatment will be given by a specially qualified nurse.

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<sup>1</sup> During this leaflet we will refer to your cancer specialist/oncologist and any doctors working within his/her team as your doctor or hospital doctor

## **What is systemic anti-cancer treatment (SACT)?**

SACT is any drug treatment used to control or treat cancer. The drug treatment types may include chemotherapy, immunotherapy, targeted therapy, hormonal therapy or a combination of these.

SACT can be given on its own, before or after surgery or with radiotherapy.

Before you start your treatment, you will receive an information pack in the post. This will include written information about your specific SACT treatment. It will also include other general information and your blood test request forms.

Please read all of this information carefully. A specialist trained SACT nurse will then contact you by phone (at a pre-arranged date and time) before you start treatment to confirm that you have received this information and to answer any questions you may have and to explain your treatment schedule.

## **How does SACT work?**

There are many drugs which kill cancer cells and control the disease. SACT drugs attack the cells in different ways: some break down parts of the cell, some disrupt the cell's growth cycle at different stages and some use up the energy needed by the cancer cells.

SACT is most effective against rapidly dividing cells, such as in cancer, but the drugs may affect some normal cells as well. The effect on the normal cells is usually temporary, as they have the ability to repair at a faster rate than cancer cells.

## How is SACT given?

Your SACT will be given by a specially qualified SACT nurse.

SACT is given in many ways, including:

- by mouth - as tablets or capsules
- by infusion directly into a vein (intravenous) - this can be given by using a syringe or by an infusion bag (drip)
- by an injection directly under the skin (sub-cutaneous)
- by continuous infusion using a special infuser (multi-day infusor)

Intravenous treatment may be given through a small catheter (cannula) inserted into the hand or arm, via a Hickman line, PICC or a port. These will be explained (if relevant to you) by the nurse.

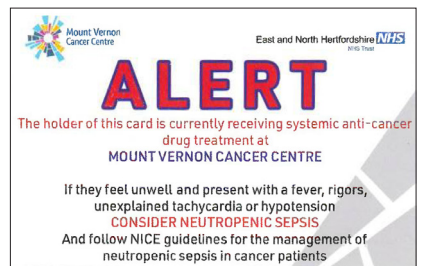
SACT can be given along with other drug therapies and/or supportive medication.

## Your Alert Card

At the start of your treatment you will be given an **Alert Card** to carry with you.

You can call the number on this card at any time, night or day if you feel unwell, experience any sign of infection and/or require urgent medical advice.

If you have an appointment with any health care professional including your GP or dentist or have to attend hospital for any reason, please take the card with you and show it to whoever is treating you.



## Serious and potentially life-threatening side effects

**Very rarely**, complications of treatment with anti-cancer medicines can be life-threatening or even result in death. The risks are different for every individual. Please talk to your doctor or nurse about what this means for you.

## Will the SACT infusion hurt?

SACT should not hurt. If you have any pain, stinging, burning or any unusual sensation while you are having treatment into the vein, it is **very important** to tell the nurse giving you the drugs straight away. The nurse will check that the cannula is working well. She will also check the area for any redness or swelling.

Sometimes the drugs can leak into the tissue around your vein. This is called an 'extravasation'.

An extravasation can be resolved very easily with little or no damage to the skin, but some drugs called 'vesicants' can cause painful skin ulcers if they leak into the tissues. It is very important that you tell the staff treating you straight away if you have any discomfort at all whilst having your SACT. This is because treatment can be given to help stop or limit any damage if there is an extravasation.

Sometimes pain and damage to the tissues does not happen straight away. They can develop after the SACT. When you are home, if you have increased pain, swelling or redness around the area where the SACT was given you must phone the Acute Oncology Service on **07825 028855**.

## Where will I have my SACT?

If you are having SACT as a day patient you will have this in the Chemotherapy Day Unit or the John Bush Unit. They are open Monday to Friday.

If you are having SACT overnight or longer, you may need to be admitted to a ward.

The length of time it takes to give you your treatment and the number of visits needed will depend on the type of SACT you are receiving.

# Your treatment schedule

## **1. Blood tests:**

You will need to have a blood test done before each SACT treatment. This is so that we can check your blood count is high enough for us to give your SACT safely.

If your blood count is too low, you will be contacted by one of the team treating you (doctor, nurse, CNS, NMP) to tell you not to attend for treatment. Your SACT will usually be delayed for one week to allow the blood count to recover.

## **2. Assessment:**

You will be assessed for any side effects before you are given each cycle of treatment.

You will not always be seen in clinic by a doctor as this assessment may be done over the phone or by video consultation with a CNS, NMP or a doctor at least 2 days before your treatment is due. Or it may be done on the day of your SACT by the specialist nurse treating you.

## **3. Day of treatment**

Your day case SACT may be given in the Chemotherapy Day Unit, in the John Bush Unit, or occasionally on a ward.

When you arrive you will have your temperature and blood pressure checked, You will then need to check in at reception.

Your SACT drugs will have been prepared ready for your appointment, so you should not usually have to wait more than an hour before being called in for your treatment.

A cannula (a fine, flexible tube) will be placed in one of the veins in your arm unless you have a port, PICC or Hickman line.

If needed, you will be given some anti-sickness medication, either to take by mouth or as an injection through the cannula.

The length of time it takes to give your SACT can vary. This depends on the type of treatment you are having. Your nurses will explain how long your treatment will take.



While you are having your SACT, a member of the pharmacy team or your nurse will give you any drugs **that have been prescribed** which you need to take home. They will explain what they are and when to take them.

### **When your SACT is finished**

When you have finished your treatment, your nurse will take the cannula out of your arm and you can go home.

**Remember to get a form for your next blood test and to make your next appointment with the Day Unit receptionist/nurse before you leave. If you need medication to take home, check that you have it with you.**

### **While you are waiting**

You are welcome to bring a book, Kindle, iPod or laptop. During this time you can get some food and drinks, visit the Lynda Jackson Macmillan Centre (LJMC) or visit the Comforts Fund shop, book shop or charity shop on the Mount Vernon Hospital site.

Please check with your nurse first but you may be able to leave the hospital to have a break if you wish. There are local pubs which serve lunch and shops you could visit in Northwood.

If you have a mobile phone, please leave your number with your nurse or the receptionist. If you live nearby you can go home, but please make sure we have your phone number.

## How often must I have SACT?

This will depend on the drug treatment selected for you.

Each course of treatment is usually followed by a 'rest' period. This is so that normal cells have a chance to repair themselves but not long enough for the cancer cells to recover.

Treatment schedules vary and may be given:

- once a week
- once every two, three or four weeks
- daily for up to 10 days
- continuously with a drip over a period of 1–5 days
- continuously through an infuser system

## How long will my treatment last?

A course of treatment including the rest period is called a cycle of treatment. Your type of cancer and the drugs you receive will determine how many cycles of SACT you have.

## How often must I have blood tests?

You will usually require a blood test before each cycle of SACT. This may vary if you have weekly treatments.

## What are the possible side effects?

Please remember that everyone reacts differently to SACT. Some people do not notice any side effects.

After your first cycle of SACT, you will have an idea of which side effects (if any) may affect you.

### **Bone marrow suppression**

SACT can affect the blood cells which are made in your bone marrow, causing your blood cell count to drop during your treatment. This is called bone marrow suppression.

Blood cell counts may drop too low if they do not have enough time to multiply properly and for this reason the treatment has rest periods. SACT may have to be delayed if your blood cell counts are too low, to give your body extra time to recover.

The kinds of blood cells which may be affected by the SACT are:

○ White blood cells

These cells help you to fight infection. If your white blood cell count drops after SACT, you are more likely to get an infection and your body may not be able to deal with it normally.

Signs of infection may be a raised temperature (of 37.5°C or higher) or low temperature (below 36°C), shaking chills, feeling hot and sweaty or a general feeling of being unwell.

If you have any of these signs, **contact the 24 hour Acute Oncology Service immediately** (see page 2 or on your Alert Card) as a blood test and/or antibiotic treatment may be needed. **Do not** take any paracetamol until you have called the hospital.

**Do not** be tempted to leave this until the next day.

If possible during your course of SACT, try to avoid people with coughs, colds or obvious infections.

○ Platelets

Platelets help your blood to clot. If your platelet count falls, you may notice that you bruise more easily than usual. Small red-purple spots may appear under the skin, or your nose or gums may bleed. Please let your healthcare team know if you experience these symptoms by calling the Acute Oncology Service, see page 2.

○ Red blood cells

These cells carry oxygen to all parts of your body. If they are affected by the drugs, you may feel tired and look pale or you may be short of breath. Sometimes this may mean you will need to have a blood transfusion. Please let your healthcare team know at your next appointment or call the Acute Oncology Service, see page 2.

## **Urine**

Some SACT drugs are coloured red or blue and cause your urine to change colour temporarily (normally for 24-48 hours) to red, green or blue; this is harmless and should not worry you. If you notice any blood or blood clots in your urine you should tell your nurse or doctor.

SACT can be present in your urine for a few days following your treatment. It is important to clean the area if there is any spillage outside the toilet and wash your hands.

## **Hair**

Not all SACT drugs cause hair loss, but some do. Your team will be able to let you know if you are at risk. Any loss is usually gradual. Sometimes there is no loss of hair, sometimes only thinning and sometimes complete loss of scalp hair and maybe even all body hair. The scalp may also be tender or sore.

If you experience any hair loss, remember that for most patients this is only temporary and your hair should grow again when the drugs are stopped. During this time some patients like to wear a wig, hat or headscarf. The Lynda Jackson Macmillan Centre (LJMC) has information on hair loss, headscarves and wigs.

Recent research is showing that some SACT drugs may cause permanent hair loss for some patients. Please speak to your healthcare team to see if this is a risk and if you have any concerns. They can also discuss if scalp cooling is an option.

## **Skin<sup>2</sup>**

Sometimes some drugs can cause slight discolouration along the veins or dryness of the skin. If this happens you can use any moisturising cream. If you develop a rash, please call your healthcare team.

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<sup>2</sup> If you are taking Capecitabine tablets, please refer to your blue Capecitabine information sheet about this side effect.

Your skin can be more sensitive to the sun while you are having SACT and for some time after. Be careful not to spend long periods in the sun and use a high factor sun screen (factor 20 or above). Do not stay in the sun during the hottest part of the day between 11.00am–3.00pm and wear a hat if outside in the sun for any length of time.

## **Digestive tract**

You may experience:

- Soreness of the mouth and gums (stomatitis)<sup>2</sup>

Keeping your mouth clean is very important. If possible, brush your teeth twice daily and rinse after each meal to remove debris and to reduce the risk of infection. You may use mouthwash, but avoid those which contain alcohol. Your local pharmacist will be able to advise you.

If you experience a sore mouth, try to avoid eating spicy, very hot or cold food or acidic food such as citrus fruits. Smoking and alcohol can also increase the soreness.

If you need dental treatment during SACT, please ensure your dentist sees your Alert Card and is aware you are receiving SACT.

If you develop mouth ulcers or white patches on the tongue or inside of your mouth, call your healthcare team for advice or the Acute Oncology Service, see number on page 2.

- Taste and smell changes

You may notice changes to your taste and smell with some SACT drugs. This may continue during the treatment.

Sucking a strongly flavoured sweet during the SACT infusion may help. Your taste may change during your treatment, but this should not be permanent.

- Nausea and sickness<sup>2</sup>

Some SACT drugs can cause you to feel sick or be sick. Not all SACT causes this side effect. If nausea is a side effect of your treatment, your doctor will prescribe anti-sickness medicine.

Some drug treatments require you to take this anti-sickness medicine before starting your treatment. If this is the case then it will be given to you by the nurse treating you. You may also be given some anti-sickness tablets to take regularly at home for three days after having your treatment. It is important to take these anti-sickness medicines as directed to help prevent nausea and sickness

You must tell your nurse or doctor if the nausea goes on for more than a few days, or you are being sick even though you are taking your medication. There are many different anti-sickness medicines that can be used to try to prevent this from becoming a problem. Nausea may last for a few days and listed below are some simple ways to help yourself:

- try to drink plenty of fluids
- it may be better to eat small meals
- you may find it easier to eat low-fat foods
- avoid spicy and strong-smelling food
- you may find it helps to eat dry crackers or toast
- fizzy drinks can help to settle the stomach
- foods containing ginger may also help
- some people find that keeping busy, reading or watching television can take their mind off the nausea
- relaxation techniques, reflexology or aromatherapy may also help in managing nausea and other symptoms following your SACT. Contact the LJMC for further information about these therapies.

### ○ Diarrhoea<sup>3</sup>

Passing loose stool four times a day, or more than your daily routine, can occur with a few of the drugs but can usually be controlled with medicines. It is important that you drink plenty of fluids during this time, to stop you becoming dehydrated.

If the diarrhoea continues for more than two days or is not controlled by your medication, please contact the Acute Oncology Service, see number on page 2.

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<sup>3</sup> If you are taking Capecitabine tablets, please refer to your blue Capecitabine information sheet about this side effect.

## **Constipation**

Some of the anti-sickness medication (Ondansetron and Granisetron) given with your SACT can slow your bowels (constipation).

Constipation can make you feel unwell if you don't treat it. If you are having difficulty opening your bowels after your treatment, ask your treatment team which laxatives to use.

Please contact the Acute Oncology Service, see number on page 2, if you need advice.

## **Tiredness (fatigue)**

You may feel tired and lethargic during your treatment, especially towards the end of your course and after it has finished.

Tiredness is very common. It can last for different lengths of time. Try to stay as active as possible but it is important to take breaks and not do too much at one time. You should plan rest breaks. Try to take short naps, as long as they do not stop you sleeping at night.

Tiredness usually follows a pattern. Our booklet called 'Now that you have started your SACT (PI76)' can help you record any side effects and identify a pattern to help you to manage your tiredness.

## **More information**

We produce a range of leaflets with information which may help you to deal with side effects of treatment and with other issues associated with cancer. These are available from the Lynda Jackson Macmillan Centre (see back cover).

## **What if I get a blood clot?**

Cancer patients' blood cells tend to clump together more easily. When having some cancer treatments or being admitted to hospital, patients tend to be less active and do not move around as much as they would normally. This can allow blood to pool and cells to clump together forming a blood clot.

A blood clot in the leg, hip or thigh (known as deep vein thrombosis or DVT) may cause lower leg pain, swelling and redness in the overlying skin. However a blood clot in the leg can also form without any symptoms. If part of a blood clot breaks off and travels to the lungs it can cause a blockage. This is called a pulmonary embolism (PE).

A PE can cause chest pain (especially when you breathe in) and breathlessness. You may become very unwell and feel light-headed and sick.

Please contact the Acute Oncology Service, see number on page 2 straight away if you are concerned that you may have developed a blood clot.

## **What about my work and leisure activities?**

Some patients find that they can manage to carry on working between treatments. It is important that you try to pace yourself and plan your work and other activities according to how you feel.

Doing some physical activity, eg, walking, before, during and after treatment can have many health benefits.

It is important to try and avoid contact with people with coughs, colds or obvious infections.

## **What about my holidays?**

You should discuss your holiday plans well before the date you wish to go. This is so that, if at all possible, your treatments can be arranged for before or afterwards.

If you are planning an overseas holiday, you must first speak to your oncologist to make sure it is safe for you to have any special vaccinations which may be recommended for the place you hope to visit. Macmillan Cancer Support produces a booklet on Travel and Cancer that you may find helpful. This is available from the LJMC.



## **What about my nutrition and diet?**

It is important for your body to receive the right kind of food so you should try to eat well while you are having your treatment.

If you have problems when eating, or you have any difficulties with your digestion, there is a dietitian at the Cancer Centre who can help you work out an eating plan to try to prevent weight loss.

Some SACTs can result in weight gain. Please ask your healthcare team if you are worried so that they can refer you to the dietitian.

You can also obtain more information from the LJMC.

## **Will the SACT affect my sex life?**

You should be able to continue your normal sex life while you are having treatment. You may find your interest in sex (libido) is less during your treatment. This may be because you feel tired.

It is important for women not to become pregnant, and for men not to father a child, while they are having SACT. The length of time to avoid getting pregnant or fathering a child can be different for each patient. Please discuss this subject with your oncologist.

If you think there is a chance, however small, of you or your partner becoming pregnant during SACT, it is important to inform the healthcare team as soon as possible.

Please use a barrier method of birth control. If you are taking the contraceptive pill or using another hormonal method of contraception, please check with your hospital doctor that it is safe for you to do so. Some SACT may cause irritation to your partner during sexual intercourse; using a barrier method will help prevent this.

This is only a general leaflet. We strongly advise you to discuss these important issues with your oncologist or SACT nurse.

## What about my fertility?

SACT may make you sterile, either temporarily or, in some cases, permanently. Please discuss this with your oncologist before your treatment begins.

### ○ Men

It is possible for men to store their sperm before the SACT begins.

### ○ Women

It may be possible for women who were hoping to have a child in the future to be referred to a fertility clinic.

Women whose menstrual periods are regular before SACT begins may find that they are not so regular, or may even stop during treatment. Your periods may or may not restart after SACT has finished.

Even if your periods stop it is still possible to become pregnant, so you must continue using barrier contraception.

Everyone's situation is different so, if you have any concerns relating to fertility issues, please discuss them with your oncology team.

Macmillan Cancer Support produces booklets about cancer treatment and fertility. These are available from the LJMC.

## What about my other medicines?

It is important that you tell your doctor or pharmacist about any other tablets, injections or medicines you are taking. This includes any vitamins, herbal medicines and 'over the counter' preparations as they may interact with your treatment.

If you have any questions about your medication, please ask. If you have to come into hospital overnight, please bring all your medicines with you. If you are a day patient, please bring any medicines you normally take during the day with you.

For any questions on your medicines you have been given to take home or their interactions with other medicines, call the Pharmacy (Satellite Unit), see number on page 2

## **Am I allowed alcohol during treatment?**

Usually it is quite safe for you to have a small glass of alcohol such as wine or beer while you are having SACT if you feel like it. However, there are some SACT drugs which do not go well with alcohol. Please ask your oncologist or pharmacist about this subject.

## **What about smoking?**

Your oncologist will discuss this with you and will recommend that you give up smoking both during treatment and afterwards.

Giving up smoking will ensure you give yourself the best chance to recover from cancer. This is because nicotine in cigarettes causes the blood vessels to shrink (vasoconstriction) and this may make treatment less effective.

You may want to consider not smoking after your treatment has finished. If you continue to smoke there may be an increased risk of some long term side effects. If you want more information, please ask your oncologist or nurse.

Leaflets to help you give up smoking are available from the LJMC.

You can also contact the NHS smoking helpline: 0300 123 1044  
[www.nhs.uk/smokefree.uk](http://www.nhs.uk/smokefree.uk)

## **Should I have a flu vaccination?**

It is important that all patients having SACT have their seasonal flu vaccination, if possible, before they start their SACT. Any people living in the same house should also have the flu vaccination. For full details about this read our leaflet 'Seasonal flu vaccination (HHC257)'.

It is important to remember that anybody having SACT must not have any live vaccinations.

## What can I do to help myself while receiving SACT?

- drink plenty of fluids
- wash your hands to help prevent infections
- maintain a balanced diet (little and often)
- continue to maintain as normal a lifestyle as possible including light exercise
- maintain good mouth care
- avoid exposure to the sun
- keep a thermometer in your home and check your temperature if you feel unwell
- call if you feel unwell or have questions and concerns

## What if I feel unwell?

Please call the 24 hour Acute Oncology Service on **07825 028855** straight away if you experience any signs of infection including:

- a serious cough
- feeling breathless
- a raised temperature of 37.5°C or higher, or a temperature below 36°C
- shaking chills
- nosebleeds that are difficult to stop
- widespread red purple spots under the skin or easy bruising

## Car parking at the hospital



A Pay & Display parking scheme operates 24 hours a day. Cancer patients have a £1 concessionary parking rate but must register for this.

Registration forms are on the back of appointment letters or are available at the Cancer Centre Reception desk.

On your first visit, take your registration form to one of the following offices (Mon–Fri), where you will be given a yellow Concessionary Parking Pass:

- **Facilities Office:** 8.00–4.00pm
- **Car Parking Office:** 8.00am–1.00pm and 2.00pm–4.00pm
- **Post Room:** 8.30am–12 noon and 1.00pm–4.00pm

Buy a Concession ticket for £1 at the Pay and Display machine and display this and your yellow pass on the car dashboard. Your yellow pass can be used in any car.

**Blue Badge holders** do not need to register or pay. Please display Blue Badge on your dashboard and make sure you park in a parking bay.

## Getting help with paying for transport

If you are on a low income, you may be eligible for help with paying for the cost of transport to and from the hospital. This includes bus and train fares and car mileage but not taxi costs.

For further information about eligibility, please speak to Patient Affairs (020 3826 2343) or visit [www.direct.gov.uk](http://www.direct.gov.uk) and search for 'Travel costs'.

## **Other help and support**

People who have cancer often say that, during their illness, they experience a range of emotions. Many find it to be a stressful, anxious and confusing time.

If you have any questions or concerns about cancer and your treatment, are struggling to cope or need some support, please visit the Lynda Jackson Macmillan Centre (LJMC). Please feel free to drop in before, during or after any of your visits to the Cancer Centre.

The team at the LJMC works as part of the overall team caring for you to provide help, support and information in a relaxed setting to help you better cope with cancer and its treatment. Your family and friends are also welcome to visit the centre or call the Helpline.

A range of support services are available at the centre. These include complementary therapy, relaxation sessions, counselling and financial advice. Please ask for more details.

You do not need an appointment to visit the LJMC which is located next to the SACT Day Unit by Gate 3. If you are unable to get to the LJMC, you can call the Helpline on 020 3826 2555.

Please see the back page of this leaflet for more information.

Mount Vernon Cancer Centre is committed to ensuring that patients receive the best quality of care regardless of their gender, identity or sexual orientation.

## Consent

It is a legal requirement to have a signed consent form from you before the start of your treatment.

If you have already been given one of these forms, please bring the completed form with you when you come for your first appointment.

If you have not been given a form, this will be discussed with you at your first appointment.

## Identification

Please note that it is a legal requirement for the staff to check your name and details every time you attend.

## Pregnancy/fathering a child

Patients must not be pregnant or become pregnant, or father a child, during a course of treatment or for some months afterwards.

**Please discuss this with your cancer specialist.**

If you are of child bearing capacity we ask that you inform a member of staff. It is our duty of care to enquire whether individuals may be pregnant or breastfeeding. This information will be kept in strict confidence.

If you think there is a chance, however small, of you or your partner being pregnant during treatment, it is extremely important that you discuss this with your oncologist, radiographer or nurse as soon as possible.

This publication has been produced by the Information team at Mount Vernon Cancer Centre. Contributors include health professionals, patients and carers who have expertise and experience in the topics covered by this publication. All our publications are reviewed and updated regularly. If you would like any details of the references used to write this information please contact the Information team on 020 3826 2555.

**Questions or concerns about  
cancer and treatment?  
Struggling to cope?  
Need some support? Need to talk?**

Drop in to the Lynda Jackson Macmillan Centre  
or call the support & information helpline

We will listen to your concerns, answer your questions  
and guide you to further information  
and services to help you

cancer treatment	practical support
side effects of treatment	headwear workshops
day-to-day living with cancer	exercise
benefits advice	diet and nutrition
counselling	health and wellbeing
someone to talk to	talking to family and friends
emotional support	Look Good Feel Better
complementary therapy	self-help courses
relaxation services	life after cancer

The Lynda Jackson Macmillan Centre is situated between the  
Cancer Centre and Gate 3 (White Hill)

Opening hours: Monday–Friday 9.30am–4.30pm

**020 3826 2555**

[www.ljmc.org](http://www.ljmc.org)

Supporting people affected by cancer  
from diagnosis, through treatment and beyond