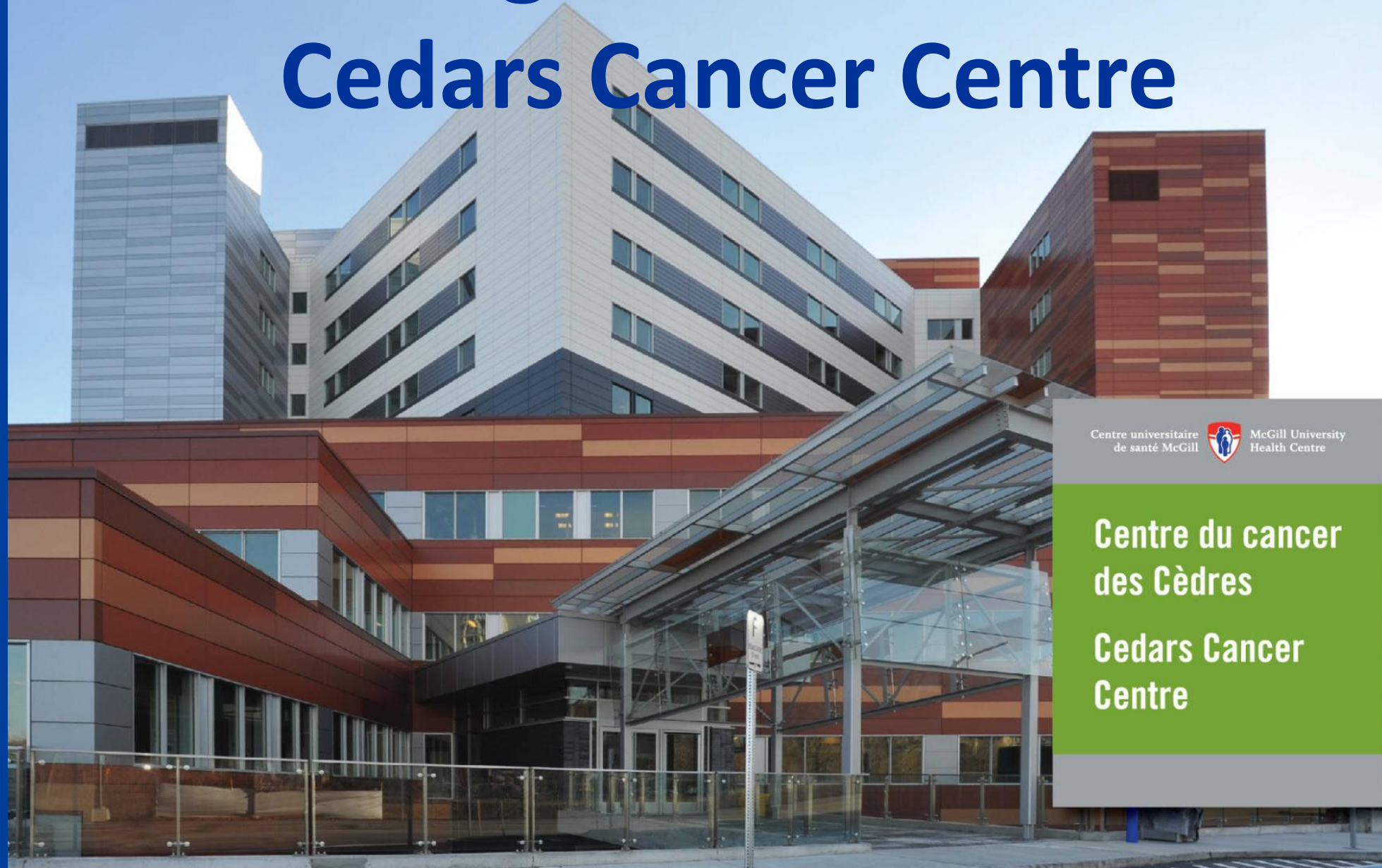




Receiving treatments at the Cedars Cancer Centre



Centre universitaire
de santé McGill



McGill University
Health Centre

Centre du cancer
des Cèdres

Cedars Cancer
Centre



Topics we will discuss

- 1. General information**
- 2. The day of your treatment**
- 3. Cancer, treatments and possible side effects**
- 4. Nutrition**
- 5. Services available**





General information

How much does it cost to park?

	DURATION	COST
Daily Rates	Less than 2 hours	Free
	2 h to 3 h 59 mins	\$ 6.75
	4 h to 24 h	\$ 11.50
Passes for frequent users (10 visits or more per month)	7 day pass	\$ 26.00
	Flexi-pass (10 visits/ month)	\$ 32.50
	30 day pass	\$ 52.25

Passes for frequent users

- Fill out a form at the ***Cedars CanSupport*** (D RC.1329)
- Present the form to the ***parking office*** (D RC.1000) to purchase your pass.



General information

Importance of family doctors

If you have a family doctor

- **Stay in touch** with your family doctor for other health issues.
- It is important to give the full name of your family doctor to the admission office.

If you do not have a family doctor

1. It is important to register on the government website to be on the waiting list → Québec Family Doctor Finder | Gouvernement du Québec
2. CanSupport volunteers can help you register.

Cedars CanSupport des Cèdres

AVEZ-VOUS BESOIN D'UN MÉDECIN DE FAMILLE?

DO YOU NEED A FAMILY DOCTOR?

AVOIR UN MÉDECIN DE FAMILLE QUI VOUS ACCOMPAGNE PENDANT ET APRÈS LE TRAITEMENT VOUS ASSURE LA MEILLEURE EXPÉRIENCE POSSIBLE ET UNE QUALITÉ DE SOINS OPTIMALE.

HAVING A FAMILY DOCTOR WHO SUPPORTS YOU DURING TREATMENT AND AFTERWARDS ENSURES THE BEST POSSIBLE EXPERIENCE AND QUALITY OF CARE.



INSCRIVEZ-VOUS EN LIGNE OU AU CENTRE DE RESSOURCES
SIGN UP ONLINE OR AT THE RESOURCE CENTER
D.R.C 1329



Ministère de la Santé et des Services sociaux
Centre universitaire de santé McGill



General information

Vaccination

Vaccination is often recommended:

- Many vaccines help protect cancer patients from serious infections.
- Examples of vaccines: Influenza (flu) vaccines, COVID-19 booster, pneumococcal vaccine, and others...
- Some vaccines are not safe during certain treatments.



Always discuss vaccination with your oncology care team before receiving any vaccine.



General information

Oncology day centre



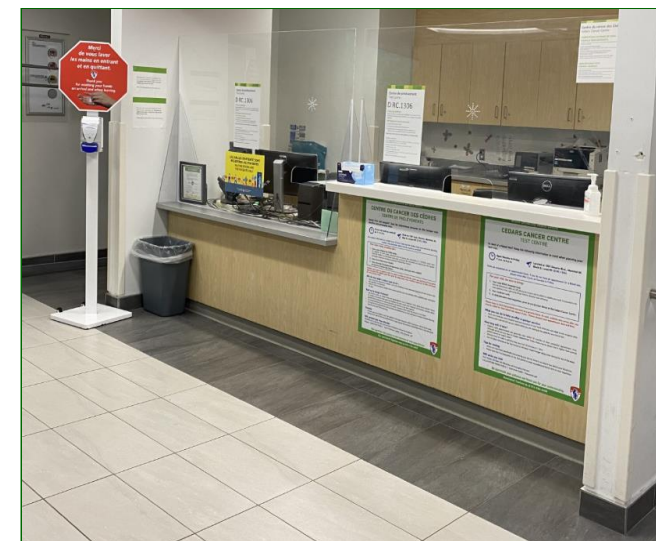
Treatment room:
D RC.1438

Clinic hours:
Monday to Thursday
8 am - 6 pm
Friday from 8 am - 5 pm



Radiation oncology clinic:
D S1.1620

Clinic hours:
Monday to Friday
8 am - 5:15 pm



Blood test center:
D RC.1306

Opening hours:
Monday to Friday
7 am - 4:15 pm



General information

The course of your treatment



Blood test



Doctor's appointment



Treatment appointment

The blood test and doctor's appointment **will not** be on the same day as treatment. This is to make sure you are ready and it is safe to give your treatment.

Blood tests are done at the Cedar's Cancer Center and may also be done at your CLSC through Clic Santé. There is no need to fast.



The day of your treatment

What to bring?



Medicare card



Oncology passport



List of questions



Vitamins, supplements and natural products



Water bottle and snacks



Your regular medications (regular and as needed)



The day of your treatment

How to register?

Please arrive at your appointment time



**Check in at the kiosk with
your medicare card**



**Wait in the waiting
room**



**Your nurse will come
find you when they
are ready**



The day of your treatment

During your treatment

- ✓ One visitor may accompany you
(Not under 12 years of age or pregnant)
- ✓ You can use the washroom
- ✓ You must remain in the treatment room
- ✓ Do things to pass the time (read, listen to music, watch videos)
- ✓ Wear comfortable clothing (with zippers and or buttons)

Respect others

-  Minimize noise, wear headphones (Wifi)
-  Speak softly
-  Put phone on **vibrate**
-  Avoid strong odours
(Perfume/food that smells strong)



The day of your treatment

During your treatment

What to expect?

- We will **evaluate** how you are doing
- We will **answer** your questions
- We will **double verify** your identity
(name and date of birth)
- We will **administer** your treatment
- We will **monitor** for side effects
- You will **meet** with the pharmacist



Important

If you feel **different** or **uncomfortable**, tell your nurse





The day of your treatment

Methods of administration



Subcutaneous



Intravenous



Picc line



Port-o-cath

*Adapted to each patient according to the doctor's or nurse's evaluation and the treatment plan.



After each treatment

For **4 days** after receiving chemotherapy, protect others by:

- ✓ **Sitting** to pee (for men)
- ✓ Flushing **twice** with the lid closed after using the toilet
- ✓ **Washing your hands with soap and water** after using the toilet
- ✓ **Cleaning** the toilet once a day
- ✓ Using a **condom** during sex



Intimacy with your partner

- If you feel up to it, you can have sex while on treatment. **You must use condoms to prevent pregnancy.**
- Besides having sex, there are other ways to stay intimate: hold hands, hug, touch or cuddle, spend time together.



 **A negative pregnancy test is required before starting treatment**



If you have any **questions or concerns including fertility questions**, talk to your doctor or nurse.





Cancer



What is cancer?



How is it treated?



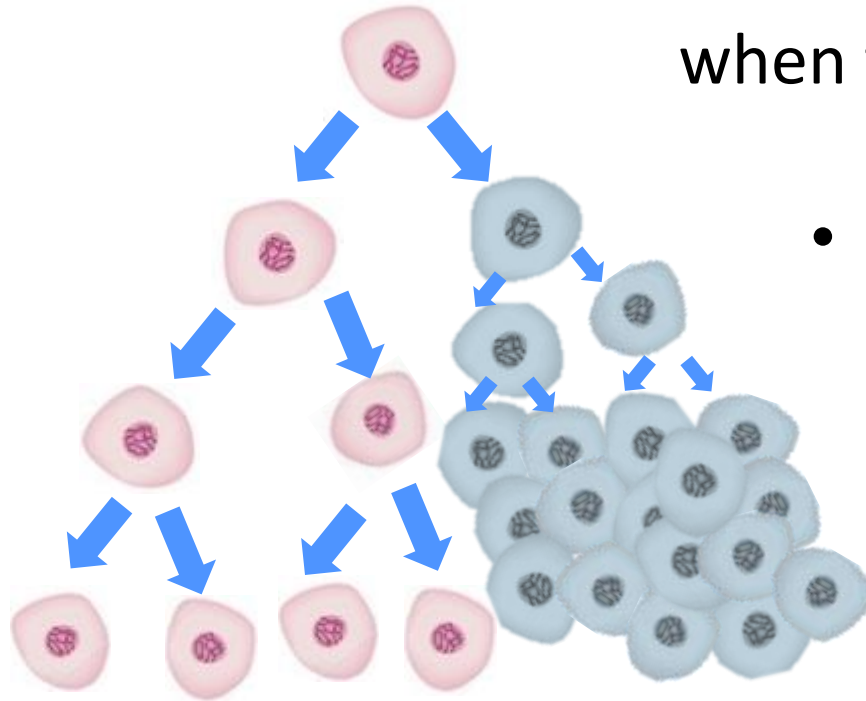
What are the possible side effects?



What is cancer?

Normal Cells

Grow, divide, and die.



Cancer Cells

- Grow and divide out of control. They do not die when they're supposed to.
- Sometimes they break away and travel to other parts of the body.





How is cancer treated?

3 main treatments



Surgery



Radiotherapy



Cancer medications

*Chemotherapy,
immunotherapy and Targeted
therapies*

Specific part of body

Whole body





How do cancer medications work?

Chemotherapy

Destroys cancer cells



Immunotherapy

Makes the body's own immune system fight the cancer cells.





How will you receive cancer medications?



Intravenous



Injection



Chemo pump



Pills

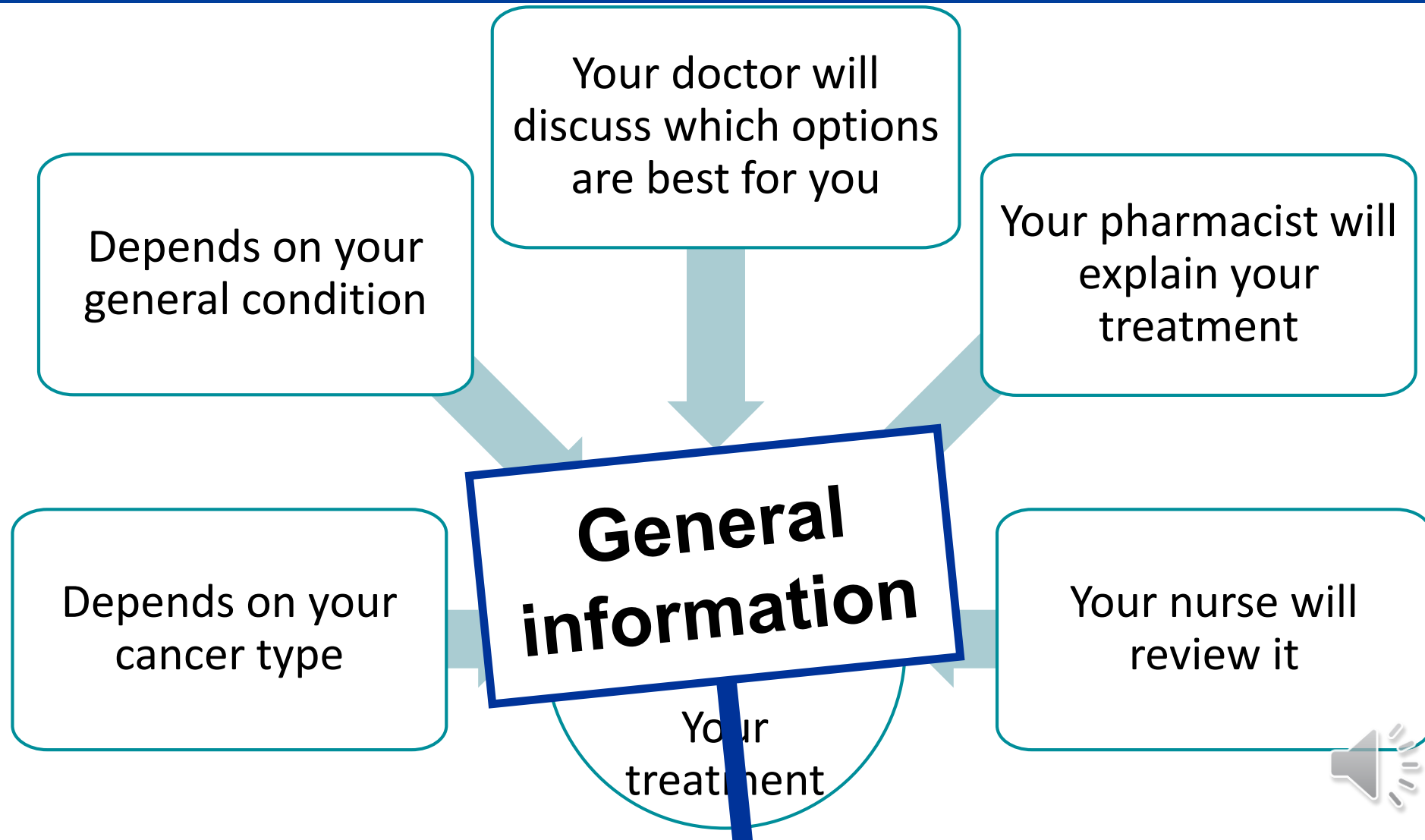
CLINIC

HOME





What is your treatment?





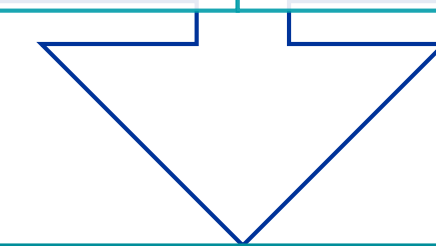
What about side effects?



Cancer medications work **all** over the body.

Chemotherapy affects healthy cells in the body, not just cancer cells.

Immunotherapy can make your immune system over-react towards healthy cells, not just cancer cells.



Side effects





What are the facts?

You will not get all the possible side effects!

- Different medications have different side effects. Your doctor, pharmacist and nurse will tell you about possible side effects of **your** treatment.
- Even if getting the same medication, each person may react differently to the same medications.

Side Effects

Some side effects can be prevented.

Most side effects are manageable and temporary.





Possible side effects

Fatigue

Cancer-related fatigue is a draining, ongoing exhaustion that limits one's ability to enjoy life and do activities.

Happens for many reasons: cancer medications, emotions, or the cancer itself.

Not just **physical**, but also **mental**.



If you are concerned by the **level of fatigue**, speak to your doctor or call us.



Possible side effects

How to manage fatigue?

- **Moving** is the best way to reduce cancer-related fatigue.
- **Listen** to your body. You may need to rest more often.
- Spend time *outdoors*.
- *Meditate, play games, read, journal, creative art.*
- *Socialize* and spend time with loved ones.





Possible side effects

Brain fog

Brain fog is when you have difficulty:

- thinking clearly
- staying organized
- concentrating
- remembering words or things



Causes: cancer medications, emotions, cancer



If you are concerned by the **severity of the brain fog**, speak to your doctor or call us.



Possible side effects

Nausea and vomiting

Nausea: An uncomfortable feeling or uneasiness in your stomach.

Vomiting: Throwing up of the stomach content.

Causes: Cancer medications, emotions or the cancer itself.

Generally prevented by medications and strategies from your oncology team.



If you take the anti-nausea medications and **you still have nausea and vomiting**, speak to your doctor or call us.



Possible side effects

Mouth sores



- Good **oral hygiene** can reduce the risk of mouth sores.
- Use a toothbrush with **soft bristles** and **continue to floss**.
- If possible, **see your dentist** before you start treatment.

Important:

Do not use a mouthwash rinse that contains alcohol.

Salt water & baking soda rinse recipe

2 cups of cool boiled water + 1 teaspoon of table salt +
1 teaspoon of baking soda



If you rinse your mouth with salt water & baking soda and **it does not help**, speak to your doctor or call us.



Possible side effects

Diarrhea or Constipation

Diarrhea: When you have to go to the bathroom more often and you have loose or watery bowel movements (stool).

Constipation: Having a hard time going to the bathroom and passing stool.

Generally prevented by medications and strategies from your oncology team.



If you are taking the medications to prevent diarrhea and constipation and there are **no changes**, speak to your doctor or call us.



Possible side effects

Peripheral neuropathy

- Numbness, tingling, burning, trembling, or pain in the hands and feet.
- Problems with balance and coordination.



If you feel that the symptoms of peripheral neuropathy are **getting worse or preventing you from completing your daily activities**, speak to your doctor or call us.



Possible side effects

Skin and nail changes



- Possible rashes or itchiness
- Increased **sensitivity to the sun**
- *Nail colour change or brittleness*

- 1) Apply an unscented **moisturizing cream** regularly.
- 2) Use a **sunscreen** and a hat.
- 3) **Avoid** nail polish and artificial nails.



If the rashes or itchiness **do not get better** or the **nails appear infected**, speak to your doctor or call us.



Possible side effects

Hair loss



- Can be **thinning** or **complete hair loss**.
- In most cases, hair will grow back.

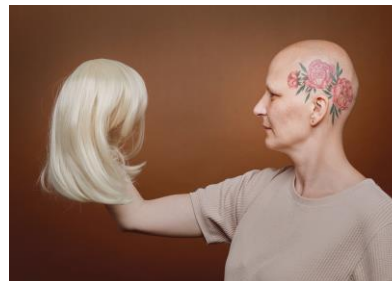
**Avoid strong hair treatments
like dyes
or permanents (perm)**



Penguin Cold Caps/Paxman (\$\$)
(not available at MUHC)
Information available at CanSupport



Scarves and turbans
(*Available at CanSupport*)



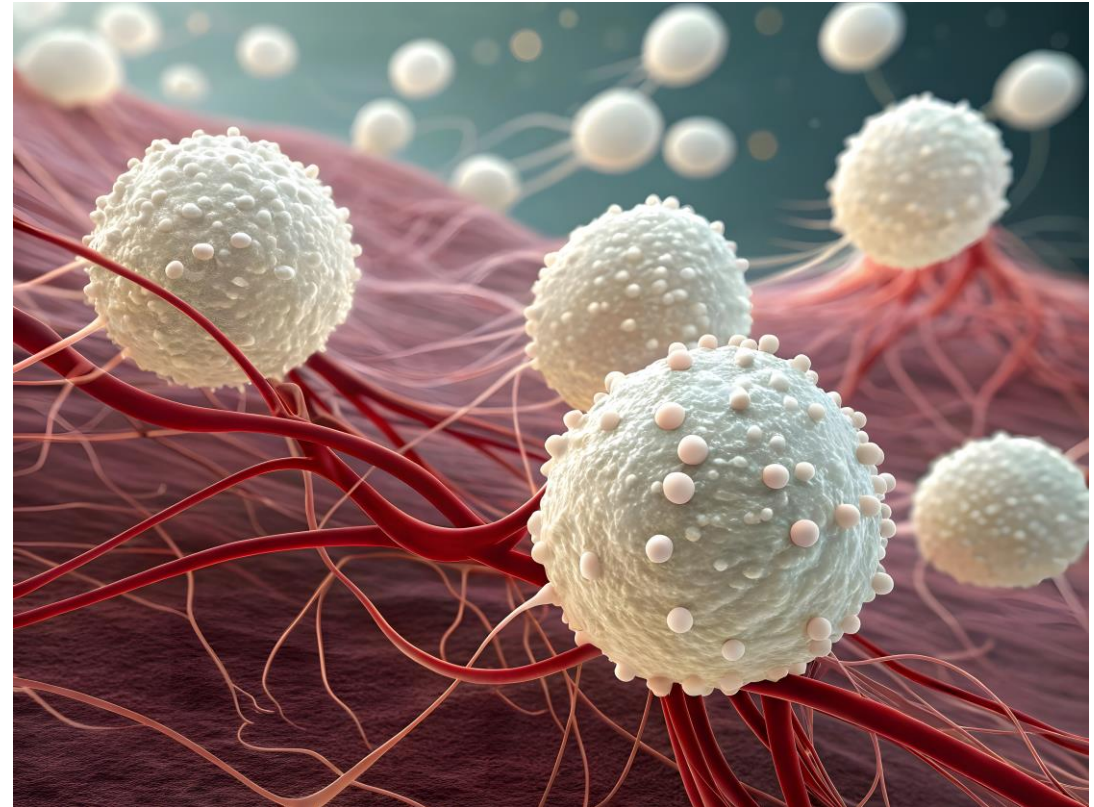
Wigs
(*Available at CanSupport*)



Possible side effects

Risk of infection

- White blood cells **protect** you from infections.
- Treatment may **reduce** how many white blood cells you have.
- It is **easier to get an infection** when you do not have as many white blood cells.





Possible side effects

Ways to prevent infection



Wash your hands



Wear a mask in public places (optional)



Cough or sneeze into
your elbow



If you are sick or have symptoms,
stay home



Avoid contact with anyone
who may be **sick**.



Possible side effects

Risk of infection – Watch out for fever

If you are on chemotherapy, a fever may be the only way to know you have an infection.

Fever is a temperature of

38.0 °C (100 °F) or more for over 1 hour.

38.3 °C (101 °F) or more just once.



Do NOT take Tylenol/Advil/Aspirin.

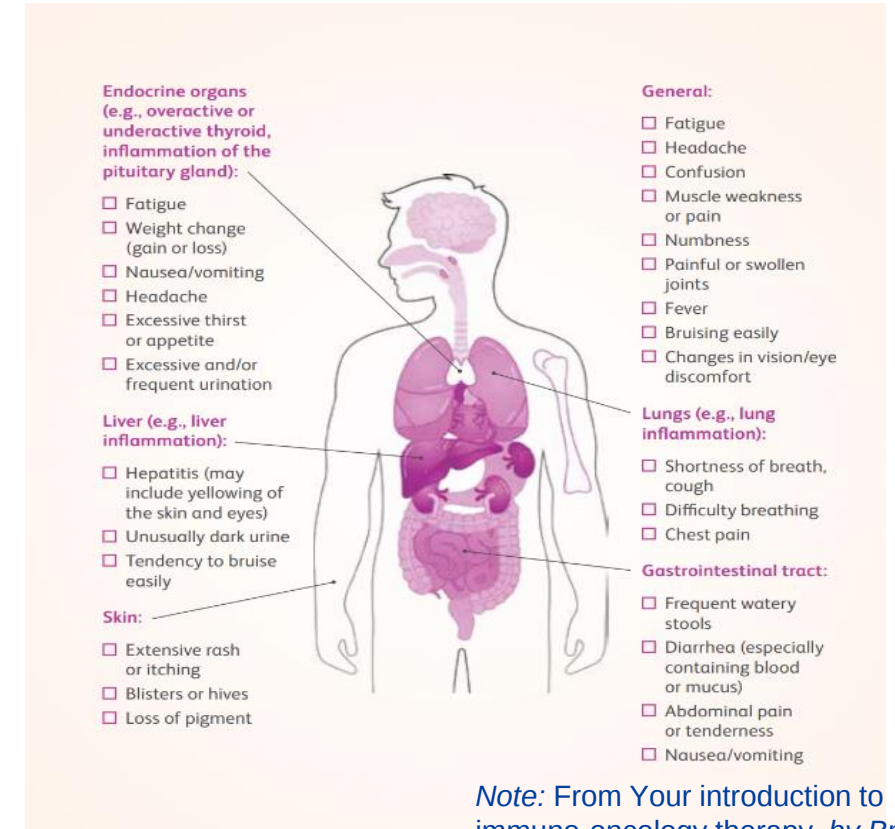
During clinic opening hours, call the oncology nurse **or** go to the emergency right away!



Possible side effects

Inflammation of body organs

- Certain treatments can cause inflammation in any body organ.
- It is important to monitor closely and discuss any changes in your body with your health care team.



Note: From Your introduction to immuno-oncology therapy, by Bristol Myers Squibb, n.d.



If you have any concerning symptoms, call us during clinic hours or go to the emergency room.



Possible side effects

What can you do about the side effects?

Take action to prevent and manage side effects.

Going Home
After Chemotherapy:
What I Need to Know



Refer to the:
Going Home
after
Chemotherapy
booklet.



**Write down
your side
effects.** Tell your
doctor or nurse
about them
when you see
them.



Call us for
questions or
concerns.

***Please leave a
message with your
full name and RAMQ
card number***



Possible side effects

Rapid Evaluation Clinic in Oncology (RECO)

How this service helps you:

We want to help you avoid going to the emergency room for symptoms that can be treated in a clinic from ***Monday to Friday from 8 am - 2 pm.***

Symptoms

- Nausea/ vomiting
- Fever
- Mouth sores
- Diarrhea
- Dehydration

You can be referred to the RECO only by a member of the oncology team following:

- A phone call
- A medical appointment (existing)
- A treatment appointment (existing)

Important:
An appointment
is required



You may be directed to the emergency room despite visiting the RECO



Nutrition





Nutrition



Maintain your weight

1. Eat regularly

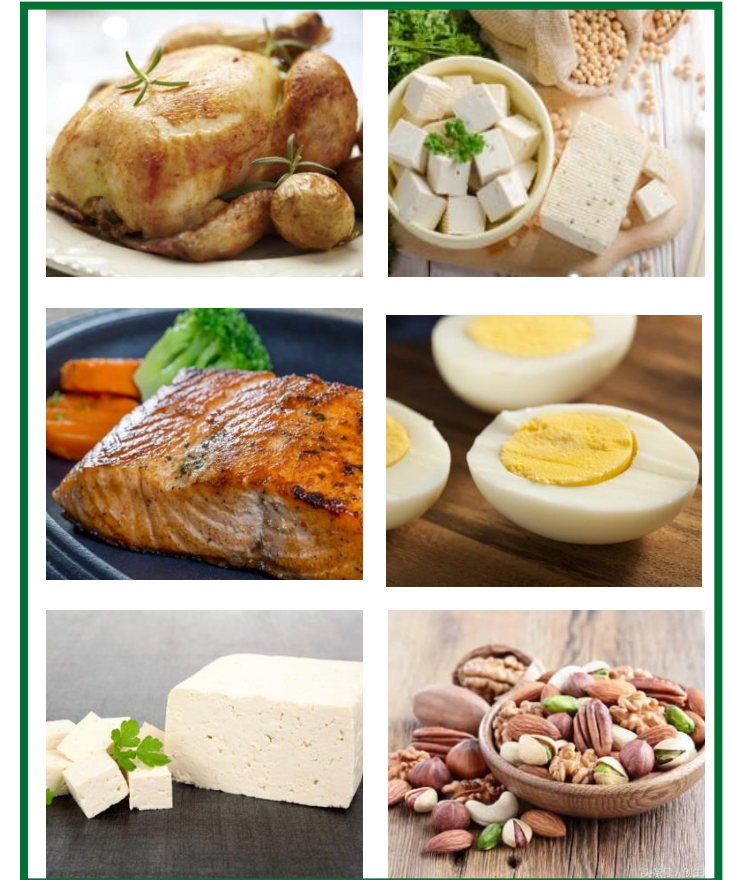
3 meals per day and snacks. Do not skip meals.

2. Have protein at every meal

And with most snacks.

3. Eat foods that you like.

There are no “special” foods.





Nutrition



Stay hydrated



Drink 8 to 10 cups per day
1 cup = 250 mL

- Helps to **flush out** cancer medication from your body & fight fatigue
- **Examples:**
 - water, milk, juice, soup, smoothie
 - coffee, teas





Nutrition

Precautions to take

- ☑ **Wash your hands** before and after preparing foods.
- ☑ Use a **separate cutting board** for raw meats.
- ☑ **Clean countertops** before and after use.
- ☑ **Wash dish rags** daily. Avoid sponges.
- ☑ Check expiration dates. **Avoid expired foods.**
- ☑ Hot foods can be left on the counter for max 2 hrs.
- ☑ Keep leftovers max 2 days in fridge or freeze right away. Do not reheat leftovers twice.



Nutrition

What to avoid?



Raw or undercooked meats, fish and eggs



Cheeses made from unpasteurized milk



Yogurt labeled “probiotics”



Raw vegetable sprouts



Cold cuts
(unless heated before eating)



Nutrition

Natural Health Products

- Avoid high doses of vitamin C and vitamin E
- Avoid any natural health products and supplements unless approved by your healthcare team

WHY?:

- Contamination
- Unknown dosages
- Potential interactions with treatment



**Do not assume you can't have it.
Ask your pharmacist**



Nutrition

When to contact a nutritionist?

Losing
weight
without
trying

Side effects
affecting your
eating or digestion

You cannot
eat normally



Ask your nurse or oncologist to talk to a nutritionist.



Services available



- ü **Psychosocial oncology program (PSO)**
- ü **Social services**
- ü **Pivot nurses**
- ü **Supportive care clinic**
- ü **Spiritual care**
- ü **Jackie Aziz Adolescent and Young Adult Program (AJA)**
- ü **Cancer rehabilitation program**
- ü **CanSupport**



Services available

Psychosocial oncology – without referral

- Professional team to support adults with **cancer-related concerns** or **stressors** (for example fears of cancer recurrence, return to work).
- **Psychosocial oncology is addressed to:**
 - ✓ Adults **18 years and over, recently diagnosed** with cancer and on **active treatments**.
 - ✓ **Primary caregivers** of a family member with cancer.
 - ✓ **Children (aged 18 or younger)** of a parent with cancer.





Services available

Social services – by referral

The oncology social worker supports patients and families by addressing the emotional, social, and practical challenges related to cancer.

- Provide **emotional support** to patients and their families throughout the cancer journey.
- Help patients access community and hospital-based **resources**.
- Support patients in **managing financial concerns** related to diagnosis and treatment.
- Assist with **transportation challenges** and access to medical appointments.





Services available

Pivot Nurses – by referral

- Management of patients with **specific and complex needs** under active treatment.
- Helps the patient **navigate through the hospital system**.
- Guide the patient in organizing their care and services, direct them **to other health professionals or community resources**.
- Provides support to patients and their family members.





Services available

Supportive care clinic – by referral

The team of **supportive care** is intended to:

- Improve the **quality of life** of cancer patients and caregivers.
- **Support** and **plan the care** of patients dealing with **advanced illnesses**.
- Refer to **community-based home support** services as necessary.



The **needs** and **well-being** of patients is a **priority** and the clinic offers:

- ✓ Management of symptoms caused by cancer and treatments;
- ✓ Pain management
- ✓ Medical cannabis



Services available

Spiritual care - without referral

- **Available daily:**
 - ✓ 8 am to 8 pm
 - ✓ 8 am to 4 pm (on weekends and holidays)
- Offers spiritual, emotional, and religious **support** to patients and their families.
- **Responds** to all patients in the greatest respect of their beliefs, values, or tradition.





Services available

JAX Jackie Aziz Adolescent and Young Adult Program (AYA) – without referral

- Provides comprehensive **support for young cancer** patients aged **18 – 39 years old**.
- Provides education for life navigation.
- Connects you with services and resources through CanSupport and the AYA community.
- Assist patients and family members with :
 - ✓ Access to clinical trials
 - ✓ Patient Advocacy
 - ✓ Survivorship
 - ✓ Emotional Support
 - ✓ Relationships
 - ✓ Transition of care

If you are in this age category, please contact:

Email: jaxaya@muhc.mcgill.ca

Text or call: 514-349-4005



« J'ai toujours voulu
effectuer des
changements positifs. »

“Effecting positive change
is all I ever wanted to do.”

- Jackie Aziz



Services available

Cancer rehabilitation program – by referral

- **Located:** Montreal General Hospital (temporary)
(1650 Cedar Avenue, Montreal, QC H3H 1V6 – 10th floor Livingston Hall)
- This program develops **specialized treatment plans** to help patients feel their best.
- **Managing cancer-related symptoms, eating well, and exercising** are some of the ways this is accomplished.
- **Other services:**
 - Cachexia clinic
 - Lymphedema program





Services available

Cedars CanSupport and Resource Center (D RC 1329)



- Free wig and head cover program
- Cold caps information
- Look Good Feel Better program
- Complementary therapies
- MUHC reduced parking and parking vignette
- Cancer information resources
- Book lending services
- Financial aid
- Family doctor registration



BELLE ET BIEN
DANS SA PEAU®
LOOK GOOD
FEEL BETTER®



514 934-1934 ext. 35297 or 31666 cedarscansupport@muhc.mcgill.ca

<https://cansupport.ca>

Facebook/Instagram: @cansupportdescedres.cedarscansupport



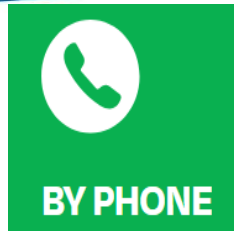
Smoking cessation



Smoking may affect treatment response and increase treatment-related toxicity.

↓ effectiveness
↑ risks of infection
↑ side effects

Preferable option:



Other options:

- ✓ Family doctor
- ✓ Community pharmacy
- ✓ CLSC Quit Smoking centres



Important phone numbers

Service	Phone number
General number (Oncology department)	514 934-4400
Oncology clinic nurse	514 934-1934, ext. 34160
Radiotherapy clinic nurse	514 934-1934, ext. 43400
Oncology pharmacist	514 934-1934, ext. 45470
Cedars CanSupport	514 934-1934, ext. 35297 or 31666
Psychosocial oncology program	514 934-1934, ext. 45502
Info-Santé	811



Online resources

- **Canadian Cancer Society** www.cancer.ca
- **Community Services Directory** <https://csl.cancer.ca/fr>
- **American Cancer Society** www.cancer.org
- **MUHC Patient Education** www.muhcpatienteducation.ca
- **Quebec Cancer Foundation** <https://fqc.qc.ca>
- **The French National Cancer Institute** www.e-cancer.fr
- **Proche Aidance Québec** <https://procheaidance.quebec/>
- **Fondation Garde Tes Cheveux** <https://gardetescheveux.org/>

Questions ?

We're here
to help and
support
you.





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IMPORTANT: PLEASE READ

Information provided is for educational purposes. It is not intended to replace the advice or instructions of a professional healthcare practitioner or to substitute for medical care.

Contact a qualified healthcare practitioner if you have any questions concerning your care.

Developed by an Interprofessional
Improvement Team as part of the QI Project:
Redesign of New Patient Orientation
Cancer Care Mission, MUHC

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FONDATION DU
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