

IMPORTANT CONTACTS SHEET

One clear place for the numbers, names, and details you may need between appointments

Why this sheet exists

When something happens between appointments, it can be hard to think clearly. This sheet gives you one place to keep the names and numbers that matter.

My medical contacts

Hospital or clinic

Department

Main phone number

Nurse specialist

Direct number

Email, if given

Best time to call

GP or family doctor

Name

Practice

Phone number

Out-of-hours number

Email, if used

Pharmacy

Pharmacy name

Phone number

Address

Prescription collection details

Delivery details, if available

Treatment contacts

Treatment unit

Appointment desk

Scan department

Blood test department

Radiotherapy department

Chemotherapy day unit

Emergency oncology number

Personal contacts

Main person to contact

Person who can help with lifts

Person who can help with admin

Person who can update others for
me

If I need help quickly

Local emergency number

Nearest emergency department

Out-of-hours service

Who I should call first if unsure

Instructions from my medical team

Information I may need when calling

Full name

Date of birth

Hospital number

Cancer type

Current treatment

Current medication

Allergies

Main concern today

A note about safety

This sheet is not medical advice. If symptoms are severe, sudden, frightening, or worsening, contact your medical team, out-of-hours service, emergency department, or local emergency number.