

YOUR TREATMENT DAY CHECKLIST

A practical checklist for treatment days, long waits, and getting home again

Why this checklist exists

Treatment days can involve early starts, long waits, unfamiliar rooms, changing plans, and more things to remember than your head has space for.

This checklist is not about packing perfectly. It is about taking one small layer of stress away before you leave home.

The night before

- Check the appointment time and location
- Charge your phone and any devices
- Write down questions or changes to mention
- Check any instructions from the treatment team
- Fill a water bottle if permitted
- Confirm transport there and home
- Put appointment letters or ID somewhere visible
- Prepare comfortable clothes
- Pack medication you have been told to bring
- Tell one person roughly when you expect to be home

What to pack

- Phone
- ID and hospital details
- Water, if permitted
- Headphones
- Warm layer or scarf
- Notebook and pen
- Charger or power bank
- Medication list
- Food or snacks, if permitted
- Book or tablet
- Lip balm
- Anything the unit asked you to bring

My own essentials

Before treatment starts

Changes since my last appointment

New symptoms or side effects

Medication changes or missed doses

The main question I want answered

Anything worrying me today

Questions I want to ask

During the day

- | | |
|---|--|
| ■ Ask for simpler language if I need it | ■ Write down what I am told |
| ■ Tell staff if something changes | ■ Rest without apologising |
| ■ Accept practical help | ■ Ask what happens next before leaving |

Before I leave

- | | |
|--|---|
| ■ I know my next appointment or expected contact | ■ I know who to call if I become unwell |
| ■ I have any prescriptions or instructions | ■ I understand medication changes |
| ■ I know what symptoms should be reported | ■ I have transport home confirmed |

Getting home

Treatment does not always end when you leave the building. Give the journey home and the hours afterwards some thought before the day begins.

Who is bringing me home?

Who knows I may need quiet?

Food or drink ready at home

Medication or instructions nearby

What can be cancelled tomorrow?

Who can help if the day runs late?

After-treatment notes

One final reminder

You do not have to perform strength during treatment. You are allowed to be quiet, frightened, tired, bored, angry, or simply ready for the day to be over.

Getting through the appointment is enough. It still counts.

A note about safety

This checklist is not medical advice. Always follow the advice of your medical team. If symptoms are severe, sudden, frightening, or worsening, contact your medical team, out-of-hours service, emergency department, or local emergency number. Do not wait for the next routine appointment if something feels urgent.

**The appointment takes an hour.
The waiting takes everything else.**

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