



What to Bring to All of Your Appointments

- Health Card (you will need to show your Health Card at every appointment)
- Family doctor's name and phone number (will be confirmed at each appointment)
- Your address and phone number (will be confirmed at each appointment)
- The name and phone number of at least 2 contact people if we cannot reach you about an appointment change
- Reading glasses, notebook and pen to write down questions you wish to discuss
- Portable oxygen if you need it to travel to and from the Regional Cancer Centre
- Prescription medications in their original containers including, drops, creams, inhalers, or a complete list
- Vitamins, herbal products or other treatments you are using
- Over-the-counter or non-prescription medications (including herbal medications and aspirin), or a complete list
- Any medication you need during the day such as for pain, diabetes and smoking cessation
- Feel free to bring snacks. Light refreshments are provided by the volunteers.