

Helpful Hints and Suggestions For Transporting Cancer Patients from the American Cancer Society

Common Side Effects of Chemotherapy: Nausea and vomiting, hair loss, fatigue, increased chance of bruising and bleeding, and infection.

Common Side Effects of Radiation: Skin sensitivity or rashes, fatigue, and nausea. Radiation is a local treatment (meaning targeting a certain part of the body) and side effects are generally restricted to the affected area.

For transporting patients receiving chemotherapy or radiation:

- **Be timely and considerate of appointment times.** Radiation appointments are particularly sensitive. If you are 10 minutes late, the radiation appointment usually will be cancelled, and it is important that a cancer patient follow their treatment plan and appointments.
- **Keep your vehicle clean.** Cancer patients can be more susceptible to infections and illness. Avoid arranging shared rides with passengers who have infectious illnesses, like the cold or flu.
- **Sometimes, a patient will need a helping hand.** Especially if the vehicle is above normal height from the ground, it doesn't hurt to ask if he/she needs assistance. Be gentle and allow him/her to take time.
- **Be aware that he/she may become sick and vomit.** The patient may also experience dry mouth or nausea, as well. It is helpful to have a fruit-flavored hard candy to help with dry mouth or a mint to ease nausea.
- **Do your best to let them rest.** Cancer treatment therapies can be exhausting. The patient may not want to talk and may fall asleep during the ride.



- **Be respectful of their condition in conversation.** If the patient wishes to talk, they may not want to talk about their disease. Avoid asking questions about cancer unless your questions are necessary to being able to transport him/her comfortably and well.
- **Please refrain from relating stories about other cancer patients.** Even if the story seems positive, you don't know what may negatively affect him/her.
- **Avoid offering medical advice;** cancer differs from person-to-person and you may be unknowingly giving advice that goes against the patient's best interest.
- **Do not attempt to handle a medical emergency alone.** Even if you are CPR (or otherwise) trained, if a medical situation arises, call 911 immediately.

