

## CALENDAR

### *Using Your Calendar to Its Best Advantage*

One of your most important responsibilities in participating in your cancer care is to stay on schedule. Missed or delayed appointments can interrupt your chemotherapy treatment and may make it less effective.

Take control of your care by carefully recording the date and time of all appointments as soon as you know them. Note the specific purpose of your appointment: office visit, lab tests, chemotherapy session, etc.

Check your calendar daily to review the commitments you have made. Then, the day before your appointment, confirm the date and time with your health care team.

Also use your calendar to keep track of other significant events during this time. While your medical appointments are a priority, life goes on outside the doctor's office!

Your time matters. If you are going to your doctor's office frequently to manage chemotherapy-related side effects, ask your doctor if there are opportunities to help minimize the number of these visits.

# CALENDAR

Month: \_\_\_\_\_

Sun	Mon	Tue	Wed	Thu	Fri	Sat

Notes: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_