

WELCOME TO UAB INFUSION THERAPY

Our staff would like to personally thank you for allowing us the privilege of providing you care during your treatment. Your UAB Comprehensive Cancer Center physician has scheduled your infusion appointments with our infusion unit located at The Kirklin Clinic of UAB Hospital. All of our professional and caring nurses are chemotherapy-certified, registered nurses. It is their goal each day to keep your wait as brief as possible and to communicate with you and your family in a timely manner.

Please keep in mind that we adhere to the scheduled appointment times of each patient. While we advise you to come at least one hour prior to treatment time for your lab work, you will be called on the basis of lab results and time of appointment. Various unforeseen events may interrupt our schedule at any time. Be assured you will be called for your treatment as soon as possible.

We understand the anxiety regarding the unknown associated with this event in your life. The goal of this booklet is to provide information that will be helpful to you during your treatment. We have listed answers to questions frequently asked by new patients and their caregivers, as well as guidelines for the infusion center. You will meet with the nurse educator prior to your infusion to discuss and receive printed materials in regard to your specific chemotherapy regimen.

Thank you for choosing UAB.

HOW TO REACH YOUR TEAM DAY OR NIGHT

The Kirklin Clinic of UAB Hospital (205) 801-8415 or (800) 333-6513

The Kirklin Clinic at Acton Road (205) 978-0250

Infusion therapy scheduling (205) 801-5940

CLINIC PHONE TRIAGE HOURS

Monday-Thursday 8:00 a.m.—4:30 p.m.

Friday 8:00 a.m.—4:00 p.m.

AFTER HOURS

UAB paging operator (205) 934-3411

A hematology/oncology physician is on call at all times if you're unable to reach someone else at the clinic.

REMEMBER

- Be sure to ask your physician for any prescriptions you may need at your clinic visits.
- If your insurance changes, call before coming for your next appointment. This will avoid delays if new requirements are necessary before your visit.

INFUSION THERAPY UNIT VISITOR POLICY

To provide our patients with a safe environment and insure privacy please read the following visitation policy:

CHILDREN:

Because many of our patients have compromised immune systems, children **under the age of 14** will not be allowed in the Infusion area.

INFUSION ROOM VISITORS:

Family members and friends are asked to only make short visits when checking on your loved ones. Of course there are exceptions for any physical limitations, but this will be determined per situation.

Unfortunately because of our increase in volume, we will be strictly enforcing these regulations. Thank you for your understanding and cooperation. We also thank you for allowing UAB to provide your infusion services.

SKIN AND NAIL CHANGES

- Protect your skin from sun exposure. Use sunscreen and lip balm when outside.
- Use mild soaps. These contain lanolin and do not dry your skin.
- Take warm (not hot) baths and showers and pat—not rub—your skin to dry it.
- Prevent cuts and scrapes.
- Cover a cut or scrape with a clean bandage until it heals.
- Use lotions and creams to keep your skin moisturized—ask your nurse which brands are best.
- Do not use tanning beds.
- Try shaving less often. Stop shaving if your skin becomes sore.
- Always wear gloves when your hands are exposed to water with detergents or chemicals. Also wear gloves when working in the yard or garden.
- Keep your nails clean and trimmed short. Ask your doctor or nurse before receiving a manicure or pedicure.
- If nails become inflamed, use antibacterial soaps.
- If nails are sore you may try equal parts hydrogen peroxide and water soaks.
- Don't bite your nails.
- Apply petroleum jelly around your nails after cleaning them.
- Don't use fake nails or wraps.
- Avoid tight-fitting shoes.

If skin or nail problems persist, ask your doctor for advice.

Nutrition is a powerful weapon you control in your battle with cancer. It also can be quite a challenge at times. Research has proven that well-nourished patients respond better to treatment. You should evaluate your diet and make necessary changes to obtain a wellbalanced diet.

We recommend a high-calorie, high-protein diet while undergoing cancer treatment. Cancer causes your metabolism to increase, causing you to burn more calories. This can cause you to lose weight if you burn more calories than you are taking in. Also, cancer treatments sometimes destroy good cells along with the cancer cells. Protein helps to rebuild cells and tissues, which increases your overall stamina. Be sure to include fruits and vegetables daily for a well-balanced diet.

Numerous sources of protein are available aside from the most commonly recognized source, meat. We often find our patients do not tolerate the taste, smell, or texture of meats. If this is the case for you, it is important to find a replacement. Other sources of protein include eggs, nuts, peanut butter, dried peas and beans, cheeses, and milk products. Convenient, easy-to-carry items such as nutrition bars and drinks also are readily available, as well as instant breakfast mixes that can be mixed with ice cream to increase calories, vitamins, and minerals. We also recommend a multivitamin every day to ensure a balance of necessary nutrients and minerals.

Instead of eating three large meals a day, try five or six small, frequent meals. Try to keep a schedule and eat at set times instead of eating only when you are hungry.

We encourage you to drink at least 64 ounces of fluids every day (at least 32 ounces coming from noncaffeinated beverages). This is important to rid your body of the chemotherapy drugs. You will experience more side effects for longer periods of time if you do not flush the drugs out of your system quickly. However, you should limit liquids with meals to keep you from feeling full before you've eaten your food.

A nutrition consult is available at your request. Be sure to speak with your doctor regarding an appointment with a dietician.

OTHER QUESTIONS AND CONCERNS

Will I lose my hair? Most chemotherapy drugs cause alopecia (hair loss). Your doctor will talk with you if the drug you are to receive causes alopecia. This usually occurs within two or three weeks after first treatment. You may lose all body hair. If you are told you will experience hair loss, you may want to have your hair cut shorter or shaved and consider purchasing a wig to match your hair. Protect your head with sunscreen, hats, or scarves after hair loss. Use mild (baby) shampoo. Hair usually begins to grow back two to three months after treatment is completed.

Do I continue taking my other prescribed medicines? You will continue with your regularly prescribed medicines unless directed otherwise by your physician.

Can I have alcoholic beverages while on treatment? We recommend avoiding alcoholic beverages, especially on treatment days. Consult your doctor for advice regarding when you may drink alcohol and in what amount.

Can I be around small children while on treatment? Yes, unless they are sick. If you are a caregiver for small children, avoid direct contact as much as possible. Always be sure both you and the child have washed your hands before touching.

Can I take care of my pets? Always protect yourself with gloves when in direct contact with animal waste. Immediately wash your hands afterwards. Have others empty litter boxes if possible, and always wear gloves if you have to do this yourself. Be sure to keep litter boxes away from eating areas. Avoid scratches or bites, and if you do receive scratches or bites, wash wounds well with soap and water. Avoid pets licking you, especially wounds, cuts, or directly in your mouth. If your pet is indoor/outdoor, wipe their paws after they return into your home. Avoid cleaning birdcages. Let someone else help with animal care whenever possible.

What about intimate relations with my significant other? Little is known about effects your body fluids may have on others after receiving chemotherapy. We recommend that you always use condoms or abstain from relations for 48 hours after treatment. It has been advised to prevent others from coming in contact with urine, bowel movements, vomit, or other fluids during this time frame. Wash soiled linens separately from other laundry.

Is it safe for me to get in a hot tub while taking treatment? Avoid hot tubs or spas while on treatment.

Can I exercise while on treatment? We encourage you to exercise. New data indicates that exercise may improve survival. Recent studies show exercise and a healthy diet are associated with lower cancer recurrence rates and longer survival.

HOTEL ACCOMMODATIONS

Ask hotels about special UAB rates.

Hotels in and around the Medical Center Districts and downtown Birmingham

Courtyard by Marriott
1820 5th Avenue South
(attached to UAB Hospital)
(205) 254-0004

DoubleTree Hotel
808 20th Street South
(205) 933-9000

Historic Redmont Hotel
2101 5th Avenue North
(205) 324-2101
(205) 313-2164

Hotel Highland
1023 20th Street South
(205) 933-9555

Marriott Residence Inn Downtown
821 20th Street South
(205) 731-9595

Ronald McDonald House 1700
4th Avenue South
(205) 212-7255

Sheraton Civic Center
2101 Richard Arrington Jr.
Boulevard North
(205) 324-5000

SpringHill Suites Downtown UAB
(formerly Hyatt Place)
2024 4th Avenue South
(205) 322-8600

Tutwiler Hotel and Hampton Inn and Suites
2021 Park Place
(205) 322-2100

UAB Townhouse
2008 University Boulevard
(8th Avenue South)
(205) 975-8220

Birmingham Baptist Association
7th floor of the UAB Townhouse
(205) 975-1861

Hotels less than 20 minutes by car from UAB Hospital

Best Western Carlton Suites
140 State Farm Parkway
(205) 940-9990

Comfort Inn
226 Summit Parkway
(Summit Parkway near Oxmoor Road)
(205) 961-0464

Courtyard by Marriott
500 Shades Creek Parkway
(Highway 31 and Lakeshore Drive)
(205) 879-0400

Drury Inn and Suites
3510 Grandview Parkway
(205) 967-2450

Econo Lodge
195 Oxmoor Road
(Oxmoor Road at I-65)
(205) 941-0990

Embassy Suites
2300 Woodcrest Place
(Highway 31 and Highway 280)
(205) 879-7400

Hampton Inn
2731 Highway 280 South
(205) 870-7822

Hampton Inn and Suites
3910 Grants Mill Road
(205) 933-0444

Holiday Inn Express
811 Old Grants Mill Road
(205) 957-0555

Homewood-Inverness Suites by Hilton
215 Inverness Center Drive
(205) 995-9823

Hospitality Inn Medical Center
2127 7th Avenue South
(205) 322-0691

Howard Johnson
275 Oxmoor Road
(Oxmoor Road at I-65)
(205) 942-0919

La Quinta Inn and Suites
60 State Farm Parkway
(Lakeshore Parkway and I-65)
(205) 290-0150

Microtel Inn and Suites
251 Summit Parkway
(Oxmoor Road and I-65)
(205) 945-5550

Motel 6
151 Vulcan Road
(Oxmoor Road and I-65)
(205) 924-9414

Quality Inn
155 Vulcan Road
(Oxmoor Road and I-65)
(205) 945-9600

Rime Garden Inn and Suites
5320 Beacon Drive
(205) 314-4022

Roadway Inn and Suites
260 Oxmoor Road
(Oxmoor Road at I-65)
(205) 942-2041

SpringHill Suites
3950 Colonnade Parkway
(205) 969-8099

Super 8 Motel
140 Vulcan Road
(Oxmoor Road and I-65)
(205) 945-9888

Studio Plus
40 State Farm Parkway
(Lakeshore Parkway and I-65)
(205) 290-0102

Winfrey Hotel
1000 Riverchase Galleria
(205) 987-1600

Value Place
101 Bishop Circle, Pelham
(205) 444-3008

Wingate
800 Corporate Ridge Drive
(205) 228-1000

Aloft
1903 29th Avenue South
(SoHo Square)
(205) 874-8055

LOCAL AMENITIES

RESTAURANTS

UAB Cafeteria
2nd floor of Jefferson Tower
menu line 205-934-2719

UAB Food Court
2nd floor of North Pavilion
205-996-2719

Arby's
7th Ave. S. and 21st St.
205-328-2586

Becky's South
(burgers and sandwiches)
University Blvd.
8th Ave. S. and 20th St.
205-327-9799

Captain D's
5th Ave. S. and 16th St.
205-933-2792

China Master Express
4th Ave. S. and 18th St.
205-321-9039

Dreamland BBQ
14th Ave. S. and 18th St.
205-933-2133

Dunkin Donuts
6th Ave. S. and Richard Arrington
Jr. Blvd. (21st St.)
205-297-8777

Fish Market
6th Ave. S. and 22nd St.
205-322-3330

Full Moon BBQ
5th Ave. S. and 25th St.
205-324-1007

Golden Rule BBQ
6th Ave. N. and 19th St.
205-801-9600

Guthrie's
4th Ave. S. and 18th St.
205-327-1241

Jim 'N Nick's Bar-B-Q
11th Ave. S. and 20th St.
205-320-1060

La Cocina
7th Ave. S. and Richard
Arrington Jr. Blvd.
(21st St.)
205-252-7626

Lucy's Coffee and Tea
University Blvd.
8th Ave. S. and 20th St.
205-328-2007

Los Juane's
5th Ave. S. and 19th St.
205-214-0964

Manchu Wok
5th Ave. S. and 19th St.
205-327-5000

McAlister's Deli
5th Ave. S. and 18th St.
205-933-2828

McDonald's
5th Ave. S. and 16th St.
205-933-1650

Mellow Mushroom Pizza
Highland Ave.
12th Ave. S. and 20th St.
205-212-9420

Milo's
5th Ave. S. and 19th St.
205-322-6456

Moe's Southwest Grill
4th Ave. S. and 18th St.
205-250-6355

Newk's Express Café
7th Ave. S. and Richard
Arrington Jr. Blvd. (21st St.)
205-323-0992

The Original Pancake House
11th Ave. S. and 20th St.
205-933-8837

Pizza Hut
5th Ave. S. and 20th St.
205-978-8000

Subway
5th Ave. S. and 19th St.
205-458-9777

Subway
University Blvd.
8th Ave. S. and 20th St.
205-254-7300

Sinbad's
5th Ave. S. and 19th St.
205-714-9991

Sitar Indian Cuisine
1801 4th Ave. S. Suite 115
205-323-6500

Sneaky Pete's Hotdogs
6th Ave. S. and 21st St.
205-254-9762

Surin West
11th Ave. S. and 19th St.
205-324-1928

Taziki's
3rd Ave. S. and 18th St.
205-731-9001

TJ's on Fourth
4th Ave. S. and 18th St.
205-320-4995

Wall Street Deli
6th Ave. S. and 21st St.
205-323-7966

Wings Around the Clock
University Blvd.
8th Ave. S. and 20th St.
205-581-8088

Zen Yogurt and Smoothies
5th Ave. S. and 18th St.
205-701-1161

BANKS

BB&T
9th Ave. S. and 19th St.

Compass
7th Ave. S. and 20th St.

Regions University Blvd.
8th Ave. S. and 19th St.

Wells Fargo
4th Ave. S. and 18th St.

DRUGSTORES

CVS Pharmacy
11th Ave. S. and 15th St.
205-933-8374

Harbin Pharmacy
6th Ave. S. and 21st St.
205-323-2474

Kirklin Clinic Pharmacy
2nd floor of The Kirklin Clinic
205-801-8731

GROCERY STORES

Family Dollar
4420 4th Ave.
(Avonwood Plaza)
205-591-3709

Piggly Wiggly
3314 Clairmont Ave.
205-252-0684

Western Market
Highland Ave.
12 Ave. S. and 22nd St.
205-933-6220

MISCELLANEOUS

**Lakeview Pet Wellness
Center**
3222 6th Ave. S.
205-323-1536

Post office
11th Ave. S. and 19th St.

Public library
11th Ave. S. and 19th St.

UPS Store
11th Ave. S. and 20th St.

Wire money: Check Depot
64 Green Springs Hwy.
205-290-0044

**Long-distance phone
cards, money order:
Mac's One Stop Texaco**
4th Ave. S. and 19th St.
205-324-0019