

## Medication

Please leave your medicines at home. While you are in the hospital, we provide your medicines, except for those medicines given to you by BC Cancer (oral chemotherapy). Please give any medicines you have brought with you so we can check it and entered into your medication chart.

## Your personal items

You can bring personal items with you such as toothbrush and tooth paste, deodorant, lotion, and comfortable clothes. Please label all items with your first name, last name and phone number.

The hospital is scent-free and fragrance-free. Please do not bring in or use scented items.

The hospital is a public place with many people coming and going. The safest place for your valuables is at home. Send home jewelry (rings, watches that you normally wear), electronics, personal identification, money, and credit cards. Fraser Health is not responsible for any lost or stolen items.

## Personal care

We want you to do as much of your care as possible on your own. This helps you to keep you strength for returning home. Your nurse is available to help when needed.

We also encourage family and friends to help you. If someone would like to take part in your care, talk with your nurse.

## Activity

We encourage you to be up as much as possible during your stay. Sit up in a chair for meals, walk if you are able, and dress in your own clothes if you can. We know that people who get up and get moving recover faster and go home sooner. We will help you as needed.

## Safety alerts

Smoking is not allowed anywhere in the hospital or on hospital property. If you smoke, please talk to your doctor or nurse. We can arrange for nicotine patches or gum.

## Prepare to go home

Our goal is to get you home as soon as possible. We start planning for your going home from the time to come into the hospital. You might also hear this called 'discharge planning'.

We work with you and your family to make sure you have prescriptions for medications, information about your care at home, and follow-up appointments.

Speak with you nurse if you have questions about your plan for going home.

[www.fraserhealth.ca](http://www.fraserhealth.ca)

This information does not replace the advice given to you by your healthcare provider.

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To order: [patienteduc@fraserhealth.ca](mailto:patienteduc@fraserhealth.ca)

# Welcome to the Oncology Complex Care Unit

Abbotsford Regional Hospital  
and Cancer Centre



Information for patients, families, and visitors

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**Phone: 604-851-4833**



## The Oncology Inpatient Unit

We specialize in caring for adults with cancer who:

- have an unexpected illness related to their cancer
- need help managing the side effects of their cancer or cancer treatment
- need chemotherapy urgently
- need to stay in the hospital for chemotherapy and/or radiation treatments over a number of days

We provide patient-focused, family-centered care. This means we pay specific attention to who you are, what you prefer, what you can do for yourself, and what you need us to do for you.

## Know your health care team

You and your family are part of your care team that includes nurses, doctors, pharmacists, social workers, physiotherapists, occupational therapists, dietitians, patient care coordinators, and others.

We work with you and your family to:

- Identify your health concerns.
- Help you care for yourself and achieve your healthcare goals.
- Get you ready to return home.

Note: We are not allowed to not witness any legal documents.

## Contact spiritual care

If you wish to see your own spiritual, cultural, or religious leader, you can contact them directly or ask your nurse to contact them for you.

## Involve your family and friends

We know it is important for your family and friends to hear how you are doing. Please give us the name and phone number(s) of one person who will act as 'contact person' for your family and friends.

Your contact person:

- talks with the doctors and nurse regularly about your health and medical condition
- gives the details of your condition to other family and friends
- collects and gives well-wishes from family and friends

## Ask questions

We encourage you, your family, and your friends to ask questions. If you have any questions for your doctor, please write them down so that you can ask when your doctor visits.

We might not be able to answer questions during shift change times (7:00 to 7:45, morning and evening). This includes telephone calls.

## Learn more about your health

We have a number of education resources available on the unit and through your bedside terminal. Topics include cancer treatment, symptom management, and many others. Please ask your nurse about how you can view videos or access printed material.

## Welcome visitors

Visitors can usually come at any time. Because of the limited space in patient rooms, please limit visitors to 2 at a time.

We might need to limit visiting to give patients rest and quiet or to prevent the spread of infection.

### Attention visitors

- Only scent-free flowers are allowed. No strongly scented flowers.
- Do not use scented products such as perfume or cologne.
- Only Mylar balloons are allowed. The hospital is latex-free.
- Children and pets must be supervised by an adult visitor at all times.

## Rooms during your stay

We do our best to keep you in the same room throughout your stay. However, there are times when we need to move people to a different room or unit. We make every effort to keep moves to a minimum. People who are very ill or have an infection have priority for private rooms.

## Meals

Meals usually arrive around these times:

Breakfast	8:00 a.m.
Lunch	12:00 noon
Dinner	5:00 p.m.

A dietitian is available to help with special diets. Before food is brought in for you, ask your nurse if it is okay to do so.