Leaving Hematology/Oncology
Self-care and important phone numbers

Your oncologist is: ____________________________

For Questions
Call a number in the table below if you have questions about your:
• Care after discharge
• Treatment
• Symptoms
• Prescription needs

<table>
<thead>
<tr>
<th>If You Are Calling:</th>
<th>Call This Number:</th>
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<tbody>
<tr>
<td>Weekdays, 8 a.m. to 5 p.m.</td>
<td>Your SCCA Clinical Nurse Coordinator:</td>
</tr>
<tr>
<td></td>
<td>Name: ________________________________</td>
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<td></td>
<td>Phone: _______________________________</td>
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<tr>
<td>Weekdays, 5 p.m. to 10 p.m.</td>
<td><strong>206-288-7400, option 7</strong> (the 4th</td>
</tr>
<tr>
<td>Weekends, 8 a.m. to 6 p.m.</td>
<td>Floor Reception desk at SCCA) – ask for</td>
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<tr>
<td>Holidays, 8 a.m. to 5 p.m.</td>
<td>your nurse to be paged.</td>
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<tr>
<td>Weekdays, 10 p.m. to 8 a.m.</td>
<td><strong>206-598-6190</strong> – ask for the “Oncology</td>
</tr>
<tr>
<td>Weekends, 6 p.m. to 8 a.m.</td>
<td>Fellow on-call” to be paged. You will give</td>
</tr>
<tr>
<td>Holidays, 5 p.m. to 8 a.m.</td>
<td>them your phone number and the Oncology</td>
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<tr>
<td></td>
<td>Fellow will return your call.</td>
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</tbody>
</table>

For Appointments
If you have questions about appointments that are scheduled or want to make an appointment, please call your Team Coordinator.

Team Coordinator Name: _________________________________
Phone: _____________________________________________

For Urgent Needs
Call a member of your care team **right away** if you have:
• Fever higher than 100.9°F (38.3°C) with an oral thermometer
• Fever higher than 100.3°F (37.9°C) with an axillary (under the arm) thermometer
• Chills, with or without fever
• Redness, swelling, pain, drainage, or other changes in your chest central line exit site or PICC insertion site
• Changes in urine color, or in the hardness or color of your stool
• Rash or itching
• New cough or shortness of breath
• Nausea, vomiting, or diarrhea
• Problems taking your prescribed medicine(s)
• New or different pain
• Bleeding or bruising
• Headache or dizziness
• Change in your ability to think clearly
• A fall, especially if you hit your head

**Why is having a fever an “urgent” need?**

A fever can be life-threatening when your immune system is lowered. You may need to be seen right away to receive life-saving treatment.

**If you have a fever:**

• You must call your care team. If you have a fever at night, do not wait until morning to call.
• Your care team may tell you to go to an Emergency Room (ER). Follow their instructions.
• If you have had chemo recently, take your green wallet card with you that says you recently had chemotherapy. Show it to nurse who greets you at the ER.

**Keep Yourself Healthy at Home**

• Wash your hands often with soap and warm water.
• Take care of your central line or PICC line as you were taught. Talk with your nurse if you do not have written instructions on dressing changes and flushing.
• Follow the diet and food safety guidelines you were given.
• Take your temperature twice daily — morning and night — and any time you feel hot, feel cold, or have shaking or chills.
• Shower or bathe daily. As you were taught, be sure to cover the claves of your chest central line or PICC line with Parafilm. Cover your line with Aquaguard, Saran Wrap, Press n Seal, or Shower Sleeve.
• Avoid crowds and people who are sick.
• Get your flu vaccine and ask your caregivers to get theirs, too.

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**Your Home Infusion Agency**

Your IV therapy and/or central line care is provided by:

- **Providence:** 425-687-4400
- **Apria/Coram:** 425-881-8500
- **Seattle Cancer Care Alliance (SCCA):** 206-288-7600
- **Other:**

Call the number checked above if you have questions about your home infusions or supplies (if you receive your line supplies from the home infusion agency).