



Preparing for Oncology Infusion: A Gentle Guide

The Week Before Your Infusion

- 1 Confirm appointment
- 2 Arrange transportation
- 3 Stay hydrated
- 4 Rest

What to Eat the Day Before

- 1 Lean proteins
- 2 Soft carbs
- 3 Hydration
- 4 Avoid heavy foods

What to Wear

- 1 Loose clothes
- 2 Layers
- 3 Easy IV access

What to Bring

- 1 ID
- 2 Snacks
- 3 Water
- 4 Phone

Prepare Your Home

- 1 Meal prep

- 2 Clean space
- 3 Organize meds

Emergency Readiness

- 1 Thermometer
- 2 Medications
- 3 Know warning signs

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