

# ALLISON'S CHEMO PREP LIST

- WEIGHTED BLANKET
- HEATING PAD (PREFERABLY TWIN SIZED FOR MAXIMUM COMFORT)
- WEDGE PILLOW TO ALLEVIATE PAIN, NAUSEA, AND HEARTBURN
- BIOTENE MOUTH WASH AND LOZENGES
- AQUAPHOR LIP BALM
- UNSCENTED LOTION
- BOOKS, WORD PUZZLES, SUDOKU, ETC...
- DRINK A LOT OF WATER
- GO ON SHORT WALKS TO GET SOME MUCH NEEDED VITAMIN D (MAKE SURE TO WEAR SUNSCREEN APPROVED BY YOUR DOCTOR)
- HAVE MULTIPLE COLORS OF HEAD WRAPS

THIS IS NOT OFFICIAL MEDICAL ADVICE. PLEASE CONSULT YOUR DOCTOR OR HEALTHCARE PROFESSIONAL BEFORE MAKING ANY CHANGES TO YOUR CARE, TREATMENT, OR ROUTINE.