


Patient information about

Receiving SACT **(Systemic Anti Cancer Therapy)**



Clinic P
New Victoria Hospital
Grange Road
Glasgow G42 9LF

☎ 0141 347 8155 or 8156

This leaflet will give you some information before you attend Clinic P for SACT. The staff at Clinic P will explain this information in more detail when you attend for treatment.

Pre visit

When you attend the New Victoria Hospital for your pre assessment, you are welcome to come to visit Clinic P. This means that you know how to find us, and what the treatment area looks like.

How to get to Clinic P

Clinic P is on the second floor, near the back entrance of the hospital, if you take the back lifts, take a left and then a right, just after pharmacy.

Parking

The New Victoria Hospital has parking in both the over and under ground car parks. There are disabled parking spaces in both car parks. There is also some parking in the surrounding streets. The car parks can get very busy.

You cannot park for more than 4 hours. However if your treatment will take longer than 4 hours, please tell the clinic P staff and we will give you a notice to put in your car, to prevent you receiving a parking ticket.

Transport

There are several transport links beside the New Victoria Hospital, First Bus provide services from the city centre, number 4/4A to Newton Mearns and Eaglesham, number 5 to Castlemilk, number 6/6A to East Kilbride. They also provide a number 7/7A to Victoria Road from Rutherglen and Toryglen. A number 34 comes from Govan to Castlemilk passing the hospital near by, at Battlefield. A number 90 also stops here as it crosses the city from Parkhead to Govan.

If you are unsure about buses then check with Travel Line:
☎ **0871 200 22 33** or visit 🌐 **www.travelinescotland.com**

Mount Florida Train Station is very close to the new hospital and has a lift. Exit the station, at the exit with the lift. Then turn left and left again down Prospecthill Road. Turn right onto Grange Road and the hospital is on the right. Trains from Glasgow Central stop here on there way to Cathcart; Burnside; Newton; Williamwood and Neilston.

There is also a taxi rank outside the Victoria Infirmary and a taxi phone in the atrium of the New Victoria Hospital.

If for medical reasons, you need patient transport, you or your carer should arrange this. Please call the Scottish Ambulance Service on ☎ **0300 123 1236**. They will ask you a series of assessment questions to determine your need. If you need to cancel patient transport please telephone: ☎ **0800 389 1333**.

Bringing a friend

We are happy for you to bring a friend, carer or relative with you for your first treatment appointment. It is helpful to have someone with you while you have your first treatment, as we discuss lots of important information, and it can be a lot to take in.

We would ask that it is only one person with you in the treatment room, as you can imagine the room can become loud and overcrowded if everyone brings a few people.

For a variety of reasons, we cannot accommodate your friends/relatives/carers to be with you for subsequent treatment appointments within the treatment area itself. This is for your own safety, well being and other patient's privacy and also for control of infection. Please feel free to speak to the nurse in charge if you feel you may need someone to be with you throughout your treatment being given and they will be happy to help and advise you.

Treatment times

Every treatment is different in how long it takes. Staff should tell you before you attend the average time for your treatment. If they don't, please phone Clinic P on ☎ 0141 347 8155 or 8156. The best time to phone is between 3.30 and 4.30pm, as it is easier to get through then.

The first treatment usually takes the longest, as we spend a bit more time going through information with you.

If you are having your pre assessment on the same day that you are receiving your SACT, this can take a lot longer. We need to carry out checks before your treatment:

- Pharmacy need to check your bloods
- We need to check drug doses before we make your SACT
- It takes time to make the SACT

If you have been waiting longer than you expect please ask a member of staff for an update.

SACT information

SACT has many side effects and do's and don'ts to follow. We have listed some for you below and staff will go through these with you at your first treatment session.

We will give you a SACT record book when you first attend; which will have useful information and phone numbers.

SACT reduces your ability to produce new blood cells. One of the very important blood cells that you need is your white cell, as these are the cells that fight infection.

If you have any of the following symptoms:

- Signs of infection are a raised temperature above 37.5C
- Feeling shaky and shivery
- Flu like symptoms
- Pain passing urine
- A cough (bringing up phlegm)
- Sore mouth

Please contact the Cancer Treatment Helpline Number

☎ 0141 301 7990 (8am-8pm) or **☎ 0800 917 7711** (8pm-8am)

Tell them that you are a patient receiving SACT and that you feel unwell.

We will give you a thermometer or you can purchase one from your local chemist, ask for a simple to use one, don't spend a lot on an expensive thermometer. Work out how to use it and check your temperature to see what your normal is when you are feeling well.

There can be other symptoms, so if something is bothering you and you are not sure please phone Clinic P for advice.

Nausea and vomiting are less of a troublesome side effect due to better anti sickness medication; however a few patients still experience nausea and vomiting. If this happens please contact us and we can give you stronger anti-sickness medication.

Diarrhoea and constipation are other side effects, please ask the staff for advice.

There can be other side effects which we will go through with you during your first treatment.

Here is some advice on avoiding or preventing infection.

Remember hand washing is the best prevention of infection.

1. If having visitors to your home, please make sure that they are well when they come round, or ask them to change their visit day until they are well.
2. Do not buy take away food, you are never quite sure how hot the food is, and bugs can grow at lower temperatures.
3. Try to avoid going to crowded places as you never know what infection others around you might have, if possible do the supermarket shopping on a quieter day at a quieter time (like Tuesday at 11am, not a Saturday).
4. Good oral hygiene will help prevent infections in your mouth. Gently brushing your teeth after every meal, and using a simple home made salty mouth wash can help prevent a sore mouth and ulcers. We will give you more information when you attend for your 1st treatment.
5. Drink plenty of fluids - about 2 litres every day is good. Water is best but other drinks can add up too, try to avoid too much coffee or tea.

Further information

If you have any questions or concerns please telephone Clinic P on: ☎ **0141 347 8155** or **8156**.

If you have any questions, after reading this leaflet please write these below and bring them with you on your first visit.
