

A GET-READY GUIDE TO TREATMENT

You have a lot on your mind—and you may be wondering what to expect during treatment, how to prepare for it, and what to bring to the appointment. You may also be interested in what you can do throughout treatment to partner more effectively with your healthcare team.

Inside, you'll find a three-part checklist of practical things that can help make your experience as easy as possible:

- Before you start treatment
- On the day of treatment
- Throughout your treatment process

Check out these ideas to help support you during treatment

1

WHAT TO DO BEFORE TREATMENT

There are plenty of details you can take care of before your first treatment. Getting them out of the way can help make everything go more smoothly. Here are a few suggestions:



Establish an appointment routine

Always schedule infusions for the same day and time to make your appointments easier to remember.



Call the infusion location

Avoid surprises by asking about its location and facilities, when to arrive, and whether you can bring someone with you.



Set up your support network

Assemble a core group of people and services who you can rely on to help with chores, errands, and transportation while you're on treatment.



Get a good night's sleep

Get enough rest the night before to be ready for your appointment.



Drink lots of water and eat well

Prepare your body the day before in case you can't on appointment day, according to your doctor's advice.



Reschedule missed appointments

Call your healthcare provider to reschedule right away in order to keep your treatment on track.

2

HOW TO PREPARE FOR YOUR TREATMENT DAY

With so many things to remember, you may overlook some small detail on your treatment day. Here are a few things to be prepared with before you leave for your appointment. They could help make your treatment experience go more smoothly.



Comfortable clothes and shoes

Wear whatever makes you feel relaxed.



Your personal information

Bring a list of your prescription and over-the-counter medicines, vitamins, herbal supplements, and any other information you may need to complete paperwork.



Moral support

Having a family member or friend by your side can make the day less stressful.



A little extra comfort

Bring a light blanket for warmth or a travel pillow to support your neck.



Relaxing activities

Bring a book or magazine, listen to music, or watch a video (with headphones) to help pass the time.

3

THROUGHOUT YOUR TREATMENT

Reporting side effects early is important. Your healthcare team will run routine tests to check for some signs of side effects, but tests can only go so far. It's important to play an active role in your treatment, as many signs can be noticed only by you, such as changes in the way you are feeling. Here are some important things you can do to make your healthcare team aware of side effects as early as possible.

Monitor and report side effects

You may experience side effects while on treatment or after treatment has ended. If any should arise, remember to:



Pay close attention

Be aware of any new discomfort that appears unexpectedly, or any condition that suddenly gets worse.



Report any side effects early

Frequent communication can help your healthcare team manage side effects right away, which may keep them from becoming more serious.



Do not treat possible side effects yourself

Your healthcare team is your best source of medical help.



Track how you're feeling

Sometimes it's difficult to remember everything you feel over time, which can make it tough to notice small changes. Using a journal or symptom tracker can help.

The suggestions offered in this guide are informational and are not a complete list.

Information provided inside is not a substitute for talking with your healthcare professional. Your healthcare professional is your best source of information about your health.

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