

For patients on the last day of radiation or chemotherapy



BC Cancer Agency

CARE + RESEARCH

An agency of the Provincial Health Services Authority

After treatment is completed you may have follow-up visits with your oncologist (cancer specialist). You will be notified of these appointments by your care team.

We are committed to your ongoing care.

Key messages:

- 1) Continue with any advice your oncologist and care team has given you.
- 2) Your short-term side effects should improve over time.
- 3) Long term side effects can be managed with the advice of your oncologist and care team.
- 4) Continue to see your family doctor, nurse practitioner (or other primary care provider) for your other health needs. They will have records of your cancer treatment and all tests.
- 5) If you are worried about your symptoms, call the nursing line at the centre where you received treatment. If possible, have your BC Cancer Agency ID number ready.

Abbotsford Centre	604-870-7470 Toll-free: 1-877-547-3777, extension 647470
Centre for the North	250-645-7313 Toll-free: 1-855-775-7300, extension 687313
Centre for the Southern Interior	Radiation Nurse: 250-979-6643 Toll-free 1-888-563-7773, extension 686643 Chemotherapy Nurse: 250-712-3944 Toll-free 1-888-563-7773, extension 683944
Fraser Valley Centre	604-930-4053 Toll-free in BC: 1-800-523-2885
Vancouver Centre	604-877-6025 Toll-free in BC and Yukon 1-800-663-3333
Vancouver Island Centre	250-519-5596 Toll-free in BC 1-800-670-3322

The booklet [Life after Cancer Treatment](#) (by the Canadian Cancer Society) is an excellent resource. We encourage you to look through it.

****Call 9-1-1 if you need emergency assistance****

Call 8-1-1- Health Link BC – Nursing Services – if you have a medical question after hours
(Hearing-impaired: 7-1-1)

My contacts – Post treatment

Topic	Organization	Contact Information
Cancer information	Library Services BC Cancer Agency	Phone the nearest cancer centre www.bccancer.bc.ca/library
	BC Cancer Agency Library Services Life After Cancer Pathfinder	www.bccancer.bc.ca/library-site/Documents/pathfinder_After_Cancer-General.pdf
	Canadian Cancer Society	1-888-939-3333 www.cancer.ca
Your feelings: Professional counselling, support groups, and talking to others who have been there	Patient and Family Counselling BC Cancer Agency	Phone the nearest cancer centre www.bccancer.bc.ca/our-services/services/patient-family-counselling
	CancerChat Canada de Souza Institute	1-844-725-2476 cancerchat.desouzainstitute.com
	CancerConnection.ca Canadian Cancer Society	www.cancerconnection.ca
Follow-up care: Finding a family doctor	College of Physician and Surgeons	1-800-461-3008 www.cpsbc.ca
Healthy living	Oncology Dietitian Services HealthLink BC	Dial 8-1-1 www.healthlinkbc.ca
	Nutrition Information BC Cancer Agency	www.bccancer.bc.ca/health-info/coping-with-cancer/nutrition
	Nourish: Information relating to nutrition and cancer	www.nourishonline.ca
	The Physical Activity Line HealthLink BC	Dial 8-1-1 www.healthlinkbc.ca
	Smoking Cessation	www.quitnow.ca
Dealing with practical issues	Patient and Family Counselling BC Cancer Agency	Phone the nearest cancer centre www.bccancer.bc.ca/health-info/coping-with-cancer/practical-support
Resources and Community-based groups and services	Community Services Locator Canadian Cancer Society	1-888-939-3333 www.cancer.ca/csl
Complementary therapies	Library Services BC Cancer Agency	Phone the nearest cancer centre www.bccancer.bc.ca/library
	Complementary Medicine (CAM) Education and Outcomes Research Program	cameoprogram.org
	Ask your local pharmacist	