



Provincial Health Services Authority

For patients on the last day of radiation or chemotherapy

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.

What do I need to do now?

1. Continue with any advice your oncologist and care team has given you.
2. Monitor your short-term side effects. They should improve over time.
3. Follow the advice of your oncologist and care team to manage any long-term side effects.
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 Provincial Nurse Line (PNL) to speak to a nurse specializing in oncology. If possible, have your BC Cancer ID number ready.

Provincial Nurse Line	1-833-818-ONCO (6626) Available 24 hours/7 days a week
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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******

My contacts – Post treatment

Topic	Organization	Contact Information
Cancer information	Library Services BC Cancer	Phone the nearest cancer centre www.bccancer.bc.ca/library
	BC Cancer Library Services Life After Cancer Pathfinder	www.bccancer.libguides.com/pathfinder-after-cancer
	Canadian Cancer Society	1-888-939-3333 www.cancer.ca
Managing Symptoms & Side Effects	Coping with Cancer BC Cancer	http://www.bccancer.bc.ca/health-info/coping-with-cancer/managing-symptoms-side-effects
Your feelings: Professional counselling, support groups, and talking to others who have been there	Patient and Family Counselling BC Cancer	Phone the nearest cancer centre www.bccancer.bc.ca/our-services/services/patient-family-counselling
	CancerConnection.ca Canadian Cancer Society	www.cancerconnection.ca
Healthy living	Oncology Dietitian Services HealthLink BC	Dial 8-1-1 www.healthlinkbc.ca/health-services/healthlink-bc-811-services/dietitian-services
	Nutrition Information BC Cancer	www.bccancer.bc.ca/health-info/coping-with-cancer/nutrition-support
	Nourish: Information relating to nutrition and cancer	www.nourishonline.ca
	The Physical Activity Services HealthLink BC	Dial 8-1-1 www.healthlinkbc.ca/healthy-eating-physical-activity
	Smoking Cessation	www.quitnow.ca
Dealing with practical issues	Patient and Family Counselling BC Cancer	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 csl.cancer.ca
Complementary therapies	Library Services BC Cancer	Phone the nearest cancer centre www.bccancer.bc.ca/library
	Ask your local pharmacist	