

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 nursing line at the centre where you received treatment. If possible, have your BC Cancer ID number ready.

Abbotsford	604-870-7470 Toll-free: 1-877-547-3777, extension 647470
Kelowna	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
Prince George	250-645-7313 Toll-free: 1-855-775-7300, extension 687313
Surrey	604-930-4053 Toll-free in BC: 1-800-523-2885
Vancouver	604-877-6025 Toll-free in BC and Yukon 1-800-663-3333
Victoria	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	Phone the nearest cancer centre www.bccancer.bc.ca/library
	BC Cancer 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
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
	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/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/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 www.cancer.ca/csl
Complementary therapies	Library Services BC Cancer	Phone the nearest cancer centre www.bccancer.bc.ca/library
	Complementary Medicine (CAM) Education and Outcomes Research Program	cameoprogram.org
	Ask your local pharmacist	