

Before Your First Radiation Session

PATIENT PREPARATION CHECKLIST

EVERYTHING YOU NEED TO PREPARE FOR YOUR FIRST DAY OF RADIATION THERAPY
AT GULF INTERNATIONAL CANCER CENTER.

1 Week Before Your Session



- Confirm your appointment date and time
- Review your treatment plan with your radiation oncologist
- Follow any special instructions provided (e.g., dietary or hygiene prep)

The Day Before



- Get a full night's sleep
- Avoid alcohol and heavy meals
- Set out your ID, insurance card, and medication list
- Drink plenty of water unless instructed otherwise
- Write down any last-minute questions or concerns

What to Bring on the Day



- Valid ID and insurance information
- List of current medications
- Water bottle or light snack
- A support person (optional but recommended)

NOTES

(USE THIS SPACE TO WRITE DOWN QUESTIONS, REMINDERS, OR FOLLOW-UPS)