About Your Ileostomy Closure Surgery

About Your Surgery .................................................................................................................. 3

Before Your Surgery ................................................................................................................... 5

Preparation for Your Surgery ................................................................................................... 6

Common Medications Containing Aspirin and Other Nonsteroidal Anti-inflammatory Drugs (NSAIDs) ................................................................. 14

Herbal Remedies and Cancer Treatment .................................................................................. 19

Information for Family and Friends for the Day of Surgery .................................................... 21

After Your Surgery .................................................................................................................... 25

What to Expect .......................................................................................................................... 26

How to Use Your Incentive Spirometer ................................................................................... 32

Resources .................................................................................................................................. 35

MSK Resources ......................................................................................................................... 36

External Resources .................................................................................................................... 38
This guide will help you prepare for your ileostomy closure surgery at Memorial Sloan Kettering (MSK), and help you understand what to expect during your recovery. Read through this guide at least once before your surgery and then use it as a reference in the days leading up to your surgery. Bring this guide with you every time you come to MSK, including the day of your surgery, so that you and your healthcare team can refer to it throughout your care.

**Ileostomy Closure**

An ileostomy closure is also known as an ileostomy reversal. When you had surgery to remove a portion of your colon or rectum, your surgeon created an ileostomy to allow the anastomosis (the place where your surgeon reconnected your bowel) to heal. Now it’s time to reverse the ileostomy so that you can go to the bathroom in the usual way. Your ileostomy closure surgery is usually done through your stoma. It is possible that your surgeon will perform the reversal through an additional incision (surgical cut), but that is rare. After surgery, you will have a small wound where the ileostomy used to be. This wound heal in about 4 to 6 weeks. You will need to change the bandage on this wound every day. While you’re in the hospital, your nurse will teach you how to change the bandage and give you the supplies you’ll need to do it at home.

Notes

___________________________________________________________________________________________________________

___________________________________________________________________________________________________________

___________________________________________________________________________________________________________

___________________________________________________________________________________________________________

___________________________________________________________________________________________________________

___________________________________________________________________________________________________________
The information in this section will help you prepare for your surgery. Read through this section when your surgery is scheduled and refer to it as your surgery date gets closer. It contains important information about what you need to do before your surgery. Write down any questions you have and be sure to ask your doctor or nurse.
Preparing for Your Surgery

You and your healthcare team will work together to prepare for your surgery.

**About Drinking Alcohol**

The amount of alcohol you drink can affect you during and after your surgery. It is important that you talk with your healthcare providers about your alcohol intake so that we can plan your care.

- Stopping alcohol suddenly can cause seizures, delirium, and death. If we know you are at risk for these complications, we can prescribe medications to help prevent them.

- If you drink alcohol regularly, you may be at risk for other complications during and after your surgery. These include bleeding, infections, heart problems, greater dependence on nursing care, and longer hospital stay.

Here are things you can do to prevent problems before your surgery:

- Be honest with your healthcare provider about how much alcohol you drink.

- Try to stop drinking alcohol once your surgery is planned. If you develop a headache, nausea, increased anxiety, or cannot sleep after you stop drinking, tell your doctor right away. These are early signs of alcohol withdrawal and can be treated.

- Tell your healthcare provider if you cannot stop drinking.

- Ask us any questions you have about drinking and surgery. As always, all of your treatment information will be kept confidential.

**About Smoking**

People who smoke can have breathing problems when they have surgery. Stopping even for a few days before surgery can help. If you want to quit, call our Tobacco Treatment Program at 212-610-0507. You can also ask your nurse about the program.

---

Help us keep you safe during your surgery by telling us if any of the following statements apply to you, even if you aren’t sure.

- I take a blood thinner. Some examples are aspirin, heparin, warfarin (Coumadin®), clopidogrel (Plavix®), and tinzaparin (Innohep®). There are others, so be sure your doctor knows all the medications you’re taking.

- I take prescription medications, including patches and creams.

- I take any over-the-counter medications, herbs, vitamins, minerals, or natural or home remedies.

- I have a pacemaker, automatic implantable cardioverter-defibrillator (AICD), or other heart device.

- I have sleep apnea.

- I have had a problem with anesthesia in the past.

- I have allergies, including to latex.

- I am not willing to receive a blood transfusion.

- I drink alcohol.

- I smoke.

- I use recreational drugs.
About Sleep Apnea

Sleep apnea is a common breathing disorder that causes a person to stop breathing for short periods while sleeping. The most common type is obstructive sleep apnea (OSA). This means that the airway becomes completely blocked during sleep, so no air can get through. OSA can cause serious problems when you have surgery. Please tell us if you have sleep apnea or if you think you may have it. If you use a breathing machine (such as a CPAP) for sleep apnea, bring it with you the day of your surgery.

Within 30 Days of Your Surgery

Presurgical Testing

Before your surgery, you will have an appointment for presurgical testing (PST). The date, time, and location of your PST appointment will be printed on the appointment reminder from your surgeon's office.

You can eat and take your usual medications the day of your PST appointment. During your appointment, you will meet with a nurse practitioner who works closely with anesthesiology staff (doctors and specialized nurses who will be giving you medication to put you to sleep during your surgery). He or she will review your medical and surgical history with you. You will have tests, including an electrocardiogram (EKG) to check your heart rhythm, a chest x-ray, blood tests, and any other tests necessary to plan your care. Your nurse practitioner may also recommend you see other healthcare providers.

Your nurse practitioner will talk with you about which medications you should take the morning of your surgery. To help you remember, we've left space for you to write these medications down in the “Take Your Medications” section of this guide. It is very helpful if you bring the following with you to your PST appointment:

- A list of all the medications you are taking, including patches and creams.
- Results of any tests done outside of MSK, such as a cardiac stress test, echocardiogram (echo), or carotid doppler study.
- The name(s) and telephone number(s) of your doctor(s).

Use the space below to write in any notes about your PST appointment.
Health Care Proxy

If you haven’t already completed a Health Care Proxy form, we recommend you complete one now. A health care proxy is a legal document that identifies the person who will speak for you if you are unable to communicate for yourself. The person you identify is called your health care agent. If you are interested in completing a Health Care Proxy form or to learn more, talk with your nurse. If you have completed one already, or if you have any other advanced directive, bring it with you to your next appointment.

Breathing and Coughing Exercises

Practice taking deep breaths and coughing before your surgery. You will be given an incentive spirometer to help expand your lungs. For more information, please read How to Use Your Incentive Spirometer, located in the “After Your Surgery” section of this guide. If you have any questions, ask your nurse.

Exercise

Try to do aerobic exercise every day, such as walking at least 1 mile, swimming, or biking. If it is cold outside, use stairs in your home or go to a mall or shopping market. Walking will help your body get into its best condition for your surgery and make your recovery faster and easier.

Eat a Healthy Diet

You should eat a well-balanced, healthy diet before your surgery. If you need help with your diet, talk to your doctor or nurse about meeting with a dietitian.

Days Before Your Surgery

Stop Taking Vitamin E

If you take vitamin E, stop taking it 10 days before your surgery, because it can cause bleeding. For more information, read Common Medications Containing Aspirin and Other Nonsteroidal Anti-inflammatory Drugs (NSAIDs), located in this section.

Purchase Supplies

This is a good time to stock up on clear liquids to drink the day before your surgery. For a list of clear liquids that you can drink, please see the information under “1 Day Before Your Surgery.”
Days Before Your Surgery

Stop Taking Certain Medications
If you take aspirin, ask your surgeon if you should continue. Aspirin and medications that contain aspirin can cause bleeding. For more information, read Common Medications Containing Aspirin and Other Nonsteroidal Anti-inflammatory Drugs (NSAIDs), located in this section.

Stop Taking Herbal Remedies
Stop taking herbal remedies and supplements 7 days before your surgery. For more information, please read Herbal Remedies and Cancer Treatment located in this section.

Watch a Virtual Tour
This video will give you an idea of what to expect when you come to Memorial Sloan Kettering’s main hospital on the day of your surgery.

www.mskcc.org/pe/day-your-surgery

Days Before Your Surgery

Stop taking nonsteroidal anti-inflammatory drugs (NSAIDs), such as ibuprofen (e.g., Advil®, Motrin®) and naproxen (e.g., Aleve®). These medications can cause bleeding. For more information, please read Common Medications Containing Aspirin and Other Nonsteroidal Anti-inflammatory Drugs (NSAIDs), located in this section.

To reduce your risk of infection, avoid shaving or waxing your abdominal area.

Day Before Your Surgery

Follow a Clear Liquid Diet
You will need to be on a clear liquid diet 1 day before your surgery. Examples of clear liquids are listed in the table below. During your bowel preparation:

- Do not eat any solid foods.
- Make sure to drink plenty of liquids other than water, decaffeinated black coffee, and decaffeinated tea. Try to drink at least 1 (8-ounce) glass every hour while you're awake.
### Food/Beverage

<table>
<thead>
<tr>
<th>Drink</th>
<th>Do Not Drink</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Soups</strong></td>
<td>Any products with any particles of dried food or seasoning</td>
</tr>
<tr>
<td>• Clear broth, bouillon</td>
<td></td>
</tr>
<tr>
<td>• Clear consommé</td>
<td></td>
</tr>
<tr>
<td>• Packaged vegetable, chicken, or beef broth mixes</td>
<td></td>
</tr>
<tr>
<td><strong>Sweets and Desserts</strong></td>
<td>All others</td>
</tr>
<tr>
<td>• Gelatin, such as Jell-O®</td>
<td></td>
</tr>
<tr>
<td>• Flavored ices</td>
<td></td>
</tr>
<tr>
<td>• Hard candies such as Lifesavers®</td>
<td></td>
</tr>
<tr>
<td><strong>Beverages</strong></td>
<td></td>
</tr>
<tr>
<td>• Clear fruit juices, such as white cranberry, white grape, apple</td>
<td>• Juices with pulp</td>
</tr>
<tr>
<td>• Soda, such as 7-Up®, Sprite®, ginger ale, seltzer</td>
<td>• Nectars</td>
</tr>
<tr>
<td>• Gatorade®</td>
<td>• Milk or cream</td>
</tr>
<tr>
<td>• Decaffeinated black coffee</td>
<td>• Alcoholic beverages</td>
</tr>
<tr>
<td>• Decaffeinated tea</td>
<td></td>
</tr>
</tbody>
</table>

### Note the Time of Your Surgery

A clerk from the Admitting Office will call you after 2:00 PM the day before your surgery. He or she will tell you what time you should arrive at the hospital for your surgery. If you are scheduled for surgery on a Monday, you will be called on the Friday before. If you do not receive a call by 7:00 PM the evening before your surgery, please call 212-639-5014.

Use this area to write in information when the clerk calls:

Use this area to write in information when the clerk calls:

Date: ______________  Time: ______________

On the day of your surgery, go to the main hospital at 1275 York Avenue between East 67<sup>th</sup> and East 68<sup>th</sup> Streets. Take the B elevator to the 6<sup>th</sup> Floor to the Presurgical Center (PSC).

### Sleep

Go to bed early and get a full night’s sleep.

*Do not eat or drink anything after midnight.*
The Morning of Your Surgery

Take Your Medications

If your doctor or nurse practitioner instructed you to take certain medications the morning of your surgery, take only those medications with a sip of water. Depending on what medications you take and the surgery you're having, this may be all, some, or none of your usual morning medications.

<table>
<thead>
<tr>
<th>Medication</th>
<th>Dose</th>
<th>Doctor/Nurse</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Two hours before your scheduled arrival time, drink the Clearfast® carbohydrate drink your doctor or nurse gave you. After you finish the Clearfast, do not eat or drink anything else. This includes water, hard candy, and gum.

Things to Remember

- Do not put on any lotion, cream, deodorant, makeup, powder, or perfume.
- Do not wear any metal objects. Remove all jewelry, including body piercings. The equipment used during your surgery can cause burns if it touches metal.
- Leave valuables, such as credit cards, jewelry, or your checkbook, at home.
- Before you are taken into the operating room, you will need to remove your eyeglasses, hearing aids, dentures, prosthetic device(s), wig, and religious articles, such as a rosary.
- If you wear contact lenses, wear your glasses instead.
- ________________________________________________________________
- ________________________________________________________________
- ________________________________________________________________
- ________________________________________________________________
What to Bring

- Sneakers that lace up. You may have some swelling in your feet. Lace-up sneakers can accommodate this swelling.
- Only the money you may need for a newspaper, bus, taxi, or parking.
- A CD player and CDs or an iPod, if you choose. However, someone will need to hold these items for you when you go into surgery.
- Your breathing machine for sleep apnea (such as your CPAP), if you have one.
- Your incentive spirometer, if you have one.
- If you have a case for your personal items, such as eyeglasses, hearing aid(s), dentures, prosthetic device(s), wig, and religious articles such as a rosary, bring it with you.
- Your Health Care Proxy form, if you have completed one.
- This guide. Your healthcare team will use this guide to teach you how to care for yourself after your surgery.

Parking When You Arrive

Parking at MSK is available in the garage on East 66th Street between York and First Avenues. To reach the garage, turn onto East 66th Street from York Avenue. The garage is located about a quarter of a block in from York Avenue, on the right-hand (north) side of the street. There is a pedestrian tunnel that you can walk through that connects the garage to the hospital. If you have questions about prices, call 212-639-2338.

There are also other garages located on East 69th Street between First and Second Avenues, East 67th Street between York and First Avenues, and East 65th Street between First and Second Avenues.
**Once You’re in the Hospital**

You will be asked to state and spell your name and date of birth many times. This is for your safety. Patients with the same or similar names may be having surgery on the same day.

**Get Dressed for Surgery**

You will be given a hospital gown, robe, and nonskid socks.

**Meet With Your Nurse**

Your nurse will meet with you before your surgery. Tell him or her the dose of any medications (including patches and creams) you took after midnight and the time you took them. Your nurse will give you medications to help prevent you from getting nauseous and manage your pain after surgery.

**Meet With Your Anesthesiologist**

He or she will:

- Review your medical history with you.
- Talk with you about your comfort and safety during your surgery.
- Talk with you about the kind of anesthesia (medication to make you sleep) you will receive.
- Answer any questions you may have about your anesthesia.

**Prepare for Surgery**

Once your nurse has seen you, 1 or 2 visitors can keep you company as you wait for your surgery to begin. When it is time for your surgery, your visitor(s) will be shown to the waiting area. Your visitors should read *Information for Family and Friends for the Day of Surgery* located in this section.

You will walk into the operating room or you can be taken in on a stretcher. A member of the operating room team will help you onto the operating bed. Compression boots will be placed on your lower legs. These gently inflate and deflate to help circulation in your legs.

Your anesthesiologist will place an intravenous (IV) line into a vein, usually in your arm or hand. The IV line will be used to give you fluids and anesthesia during your surgery.

Once you are fully asleep, a breathing tube will be placed through your mouth into your windpipe to help you breathe.
Common Medications Containing Aspirin and Other Nonsteroidal Anti-inflammatory Drugs (NSAIDs)

This information will help you identify medications that contain aspirin and other nonsteroidal anti-inflammatory drugs (NSAIDs). It’s important to stop these medications before many cancer treatments.

Aspirin, other NSAIDs (such as ibuprofen), and vitamin E can increase your risk of bleeding during cancer treatment. These medications affect your platelets, which are blood cells that clot to prevent bleeding.

Read the section “Examples of Medications” to see if your medications contain aspirin, other NSAIDs, or vitamin E.

If you take aspirin, medications that contain aspirin, other NSAIDs, or vitamin E, tell your doctor or nurse. They will tell you if you need to stop taking these medications before your treatment. You will also find instructions in the information about the treatment you’re having.

Before Your Surgery

If you’re having surgery, follow the instructions below.

- Stop taking medications that contain vitamin E 10 days before your surgery or as directed by your doctor.
- Stop taking medications that contain aspirin 7 days before your surgery or as directed by your doctor. If you take aspirin because you’ve had a problem with your heart or you’ve had a stroke, be sure to talk with your doctor.
before you stop taking it.

- Stop taking NSAIDs 48 hours before your surgery or as directed by your doctor.

### Before Your Radiology Procedure

If you’re having a radiology procedure (including Interventional Radiology, Interventional Mammography, and General Radiology), follow the instructions below.

- Stop taking medications that contain vitamin E 10 days before your procedure, or as directed by your doctor.
- If your doctor tells you to stop taking aspirin, stop taking it 5 days before your procedure or as directed by your doctor. If you take aspirin because you’ve had a problem with your heart or you’ve had a stroke, be sure talk with your doctor before you stop taking it.
  - If you take low dose aspirin (81 mg), you may not need to stop it before your procedure. Your doctor will tell you if you should stop taking low dose aspirin.
- Stop taking NSAIDs 24 hours before your procedure or as directed by your doctor.

### Before and During Your Chemotherapy

Chemotherapy can decrease your platelet count, which can increase your risk of bleeding. Whether you’re just starting chemotherapy or you’ve been receiving it, talk with your doctor or nurse before taking aspirin or NSAIDs.

### Examples of Medications

Medications are often called by their brand name, which can make it hard to know their ingredients. To help you identify medications that contain aspirin, other NSAIDs, and vitamin E, please review the lists below.

These lists include the most common products, but there are others. Check with your healthcare provider if you aren’t sure. Always be sure your doctor knows all
the medications you’re taking, both prescription and over-the-counter.

### Common medications that contain aspirin

<table>
<thead>
<tr>
<th>Medication</th>
<th>Company/ Formulation Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>Aggrenox®</td>
<td>Bayer® (most formulations)</td>
</tr>
<tr>
<td>Equagesic Tablets</td>
<td>Isollyl®</td>
</tr>
<tr>
<td>Synalgos®-DC Capsules</td>
<td>Panasal®</td>
</tr>
<tr>
<td>Alka Seltzer®</td>
<td>BC® Powder and Cold Formulations</td>
</tr>
<tr>
<td>Equazine®</td>
<td>Lanorinal®</td>
</tr>
<tr>
<td>Percodan® Tablets</td>
<td>Tenol-Plus®</td>
</tr>
<tr>
<td>Anacin®</td>
<td>Bufferin® (most formulations)</td>
</tr>
<tr>
<td>Excedrin® Extra-Strength Analgesic Tablets and Caplets</td>
<td>Lortab® ASA Tablets</td>
</tr>
<tr>
<td>Persistin®</td>
<td>Trigesic®</td>
</tr>
<tr>
<td>Arthritis Pain Formula</td>
<td>Buffets II®</td>
</tr>
<tr>
<td>Excedrin® Migraine</td>
<td>Magnaprin®</td>
</tr>
<tr>
<td>Robaxisal® Tablets</td>
<td>Talwin® Compound</td>
</tr>
<tr>
<td>Arthritis Foundation Pain Reliever®</td>
<td>Buffex®</td>
</tr>
<tr>
<td>Fiorgen®</td>
<td>Marnal®</td>
</tr>
<tr>
<td>Roxiprin®</td>
<td>Vanquish® Analgesic Caplets</td>
</tr>
<tr>
<td>ASA Enseals®</td>
<td>Cama® Arthritis Pain Reliever®</td>
</tr>
<tr>
<td>Fiorinal® (most formulations)</td>
<td>Micrainin®</td>
</tr>
<tr>
<td>Saleto®</td>
<td>Wesprin® Buffered</td>
</tr>
<tr>
<td>ASA Suppositories®</td>
<td>COPE®</td>
</tr>
<tr>
<td>Fiortal®</td>
<td>Momentum®</td>
</tr>
<tr>
<td>Salocol®</td>
<td>Zee-Seltzer®</td>
</tr>
<tr>
<td>Ascriptin® and Ascriptin A/D®</td>
<td>Dasin®</td>
</tr>
<tr>
<td>Gelpirin®</td>
<td>Norgesic Forte® (most formulations)</td>
</tr>
<tr>
<td>Sodol®</td>
<td>ZORprin®</td>
</tr>
<tr>
<td>Aspergum®</td>
<td>Easprin®</td>
</tr>
<tr>
<td>Genprin®</td>
<td>Norwich® Aspirin</td>
</tr>
<tr>
<td>Soma® Compound Tablets</td>
<td></td>
</tr>
<tr>
<td>Asprimox®</td>
<td>Ecotrin® (most formulations)</td>
</tr>
<tr>
<td>Gensan®</td>
<td>PAC® Analgesic Tablets</td>
</tr>
<tr>
<td>Soma® Compound with Codeine Tablets</td>
<td></td>
</tr>
<tr>
<td>Axotal®</td>
<td>Empirin® Aspirin (most formulations)</td>
</tr>
<tr>
<td>Heartline®</td>
<td>Orphengesic®</td>
</tr>
<tr>
<td>St. Joseph® Adult</td>
<td></td>
</tr>
</tbody>
</table>
Common medications that are NSAIDs that don’t contain aspirin

<table>
<thead>
<tr>
<th>Advil®</th>
<th>Celecoxib</th>
<th>Flurbiprofen</th>
<th>Meclofenamate</th>
<th>Nalfon®</th>
<th>Ponstel®</th>
</tr>
</thead>
<tbody>
<tr>
<td>Advil Migraine®</td>
<td>Children’s Motrin®</td>
<td>Genpril®</td>
<td>Mefenamic Acid</td>
<td>Naproxen</td>
<td>Relafen®</td>
</tr>
<tr>
<td>Aleve®</td>
<td>Clinoril®</td>
<td>Ibuprofen</td>
<td>Meloxicam</td>
<td>Naprosyn®</td>
<td></td>
</tr>
<tr>
<td>Anaprox DS®</td>
<td>Daypro®</td>
<td>Indomethacin</td>
<td>Menadol®</td>
<td>Nuprin®</td>
<td>Saleto 200®</td>
</tr>
<tr>
<td>Ansaid®</td>
<td>Diclofenac</td>
<td>Indocin®</td>
<td>Midol®</td>
<td>Orudis®</td>
<td>Sulindac</td>
</tr>
<tr>
<td>Arthrotec®</td>
<td>Etodolac®</td>
<td>Ketoprofen</td>
<td>Mobic®</td>
<td>Oxaprozin</td>
<td>Toradol®</td>
</tr>
<tr>
<td>Bayer® Select Pain Relief Formula Caplets</td>
<td>Feldene®</td>
<td>Ketorolac</td>
<td>Motrin®</td>
<td>PediaCare Fever®</td>
<td>Voltaren®</td>
</tr>
<tr>
<td>Celebrex®</td>
<td>Fenoprofen</td>
<td>Lodine®</td>
<td>Nabumetone</td>
<td>Piroxicam</td>
<td></td>
</tr>
</tbody>
</table>

Products with Vitamin E

Most multivitamins contain vitamin E. If you take a multivitamin be sure to check the label. The following products contain vitamin E:

<table>
<thead>
<tr>
<th>Amino-Opt-E</th>
<th>Aquavit</th>
<th>E-400 IU</th>
<th>E complex-600</th>
</tr>
</thead>
<tbody>
<tr>
<td>Aquasol E</td>
<td>D’alpha E</td>
<td>E-1000 IU Softgels</td>
<td>Vita-Plus E</td>
</tr>
</tbody>
</table>

About Acetaminophen

Acetaminophen (Tylenol®) is generally safe to take during your cancer treatment. It doesn’t affect platelets, so it won’t increase your chance of bleeding. However, talk with your doctor before taking acetaminophen if you’re getting chemotherapy.
The following common medications contain acetaminophen.

<table>
<thead>
<tr>
<th>Medicine Name</th>
<th>Brand Name 1</th>
<th>Brand Name 2</th>
<th>Brand Name 3</th>
<th>Brand Name 4</th>
<th>Brand Name 5</th>
</tr>
</thead>
<tbody>
<tr>
<td>Acephen®</td>
<td>Datril®</td>
<td>Lortab®</td>
<td>Roxicet®</td>
<td>Vicodin®</td>
<td></td>
</tr>
<tr>
<td>Aceta® with Codeine</td>
<td>Di-Gesic®</td>
<td>Naldegesic®</td>
<td>Talacen®</td>
<td>Wygesic®</td>
<td></td>
</tr>
<tr>
<td>Acetaminophen with Codeine</td>
<td>Esgic®</td>
<td>Norco®</td>
<td>Tempra®</td>
<td>Zydone®</td>
<td></td>
</tr>
<tr>
<td>Aspirin-Free Anacin® P.M.®</td>
<td>Excedrin</td>
<td>Panadol®</td>
<td>Tylenol®</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Arthritis Pain Formula Aspirin-Free</td>
<td>Fiorcet®</td>
<td>Percocet®</td>
<td>Tylenol® with Codeine No. 3</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Darvocet-N 100®</td>
<td>Lorct®</td>
<td>Replan</td>
<td>Vanquish®</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Read the labels on all your medications**

Acetaminophen is safe when used as directed, but there is a limit to how much you can take in 1 day. It’s possible to take too much acetaminophen without knowing because it’s in many different medications.

Make sure to always read and follow the label on the product you are taking. Acetaminophen is a very common ingredient found in over-the-counter and prescription medications. It’s often an ingredient in pain relievers, fever reducers, sleep aids, and cough, cold, and allergy medications.

The full name acetaminophen isn’t always written out, so look for these common abbreviations, especially on prescription pain relievers:

<table>
<thead>
<tr>
<th>Abbreviation</th>
<th>Full Name</th>
<th>Acetaminophen</th>
</tr>
</thead>
<tbody>
<tr>
<td>APAP</td>
<td>Acetaminic acid</td>
<td>Acetaminophen</td>
</tr>
<tr>
<td>Acetamin</td>
<td>Acetaminic acid</td>
<td>Acetaminophen</td>
</tr>
</tbody>
</table>

Do not take more than 1 medication that contains acetaminophen at a time without talking with a member of your healthcare team.
Herbal Remedies and Cancer Treatment

This information explains herbal remedies and how they can affect your cancer treatment.

One week before you have surgery or start chemotherapy or radiation therapy, you must stop taking any herbal or botanical home remedies or other dietary supplements. This is because they can:

- Interact with your other medications.
- Increase or lower your blood pressure.
- Thin your blood and increase your risk of bleeding.
- Make radiation therapy less effective.
- Increase the effects of sedation or anesthesia (medications to make you sleepy).

You can continue to use herbs in your food and drinks, such as spices in cooking, but you must stop taking them in supplemental form before your treatment. Herbal supplements are stronger than the herbs you would use in cooking.

Common Herbal Supplements and Their Effects

These are some commonly used herbs and their side effects on cancer treatments.

Echinacea

- Can cause an allergic reaction, such as a rash or difficulty breathing.
- Can lower the effects of medications used to weaken the immune system.
Garlic

- Can lower your blood pressure, fat, and cholesterol levels.
- Can increase your risk of bleeding.

Gingko (also known as *Gingko biloba*)

- Can increase your risk of bleeding.

Ginseng

- Can lower the effects of sedation or anesthesia.
- Can increase your risk of bleeding.
- Can lower your blood glucose (sugar) level.

Turmeric

- Can make chemotherapy less effective.

St. John’s Wort

- Can interact with medications given during surgery.
- Can make your skin more sensitive to radiation or laser treatment.

Valerian

- Can increase the effects of anesthesia or sedation.

Herbal formulas

- Herbal formulas contain different herbs. We don’t know their side effects. You must also stop taking these products 1 week before treatment. Do not start taking herbal formulas again until your doctor tells you it’s safe.

This information does not cover all herbal remedies or possible side effects. Speak with your healthcare provider if you have any questions or concerns.

For more information about herbs and botanicals, visit the Memorial Sloan Kettering (MSK) Integrative Medicine Service website at [www.aboutherbs.com](http://www.aboutherbs.com).
Information for Family and Friends for the Day of Surgery

This information explains what to expect on the day your friend or family member is having surgery at Memorial Sloan Kettering’s (MSK) main hospital.

Before the Surgery

After arriving at the hospital, the patient will be asked to provide contact information for the person who will be meeting with the surgeon after the surgery. This is the same person who will get updates from the nurse liaison during the surgery. If the patient is having an outpatient procedure, they will also be asked to provide contact information for the person who will be taking them home.

Once the patient is checked in, they will go to the Presurgical Center (PSC) to be examined before surgery. Sometimes, they may need to wait before they are admitted to the PSC.

In the PSC, the nurse will do an exam. One person can come along to the PSC, but other visitors should wait in the waiting area. If the patient wants, other visitors may join them when the nurse has finished the exam.

When the operating room (OR) is ready, a member of the surgical team will come to escort the patient into the OR. They will prepare the patient for surgery, which can take 15 to 90 minutes. Then, the surgery will begin.

Please remember the following:

- **Do not bring food or drinks to the waiting area.** Patients are not allowed to eat or drink before their surgery or procedure.

- Our patients are at high risk for infection. Please do not visit if you have any cold or flu symptoms (fever, sneezing, sniffles, or a cough). We may ask you...
to wear a mask if there are any concerns about your health.

- If the patient brought any valuables, such as a cell phone, iPod, or iPad, please keep them safe for them during surgery.

- Sometimes, surgeries may be delayed. We make every effort to tell you when this happens.

**During the Surgery**

After the patient is taken to the OR, please wait in the main lobby on the 1st floor, where you will be updated by the nurse liaison. While you’re waiting, here are some things you can do:

- Food and drinks are available in the cafeteria and gift shop. You can also bring your own food and eat it in the cafeteria.

- The coat-check room is located at the bottom of the escalator on the ground level. It’s open Monday through Friday from 11:00 am to 4:00 pm.

- Wireless Internet access is available in most areas of the hospital. The wifi network name is MSK_guest. You can also use the computers in the room off the main lobby.

- Please be courteous and mindful of others while using your cell phone. Use the designated area to accept and make calls on your cell phone. It may be useful to bring your phone charger to the hospital.

- The Mary French Rockefeller All Faith Chapel is an interfaith chapel located in room M106 near the main lobby on the 1st floor. It’s open at all times for meditation and prayer.

- The Patient Recreation Pavilion is open daily from 9:00 am to 8:00 pm for patients and their visitors. Children are allowed in the pavilion as long as they are supervised by an adult. The pavilion has arts and crafts, a library, an outdoor terrace, and scheduled entertainment events. To get to the pavilion, take the M elevators to the 15th floor.

**Surgery updates**

A nurse liaison will keep you updated on the progress of surgery. They will:

- Give you information about the patient.
• Prepare you for your meeting with the surgeon.
• Arrange for you to visit the patient in the Post Anesthesia Care Unit (PACU).

To contact the nurse liaison:

• From inside the hospital, use a hospital courtesy phone. Dial 2000 and ask for beeper 9000. Please be patient, as this can take up to 2 minutes.
• Ask the information desk staff to contact the nurse liaison for you.

**After the Surgery**

**Meeting with the surgeon**
When the patient’s surgery is completed, we will call you and ask you to return to the concierge desk to tell you where to go to meet with the surgeon.

After you have met with the surgeon, return to the concierge desk and tell them that you have finished your consultation.

**Visiting the patient in the PACU**
After surgery, the patient will be taken to the PACU. It can take up to 90 minutes before the patient is ready to have visitors. You can use this time to take a walk or just relax in the waiting area until the patient is ready to see you.

When the patient is able to have visitors, a staff member will take you to the PACU for one brief visit. No one is allowed to stay overnight with the patient in the PACU, except for caregivers of pediatric patients.

Please follow these guidelines before your visit:

• Silence your cell phone.

• Apply an alcohol-based hand sanitizer (such as Purell®) before entering. There are hand sanitizer stations located throughout the hospital.

• Do not bring food or flowers into the PACU.

Please remember that only a limited number of visitors can go into the PACU. This is to keep the area quiet and allow the patients to rest and receive care.
While visiting in the PACU

- Speak quietly.
- Respect other patients’ privacy by staying at the bedside of your friend or family member.
- If any PACU patient needs special nursing attention, we may ask you to leave or to delay your visit.

The nurse will update you with the plan of care for the patient, such as whether the patient is staying overnight and when they will be moved to an inpatient room. If the patient is staying overnight, you may visit them again in the PACU. If the patient is going home the same day, a caregiver must take them home.

After your visit, a staff member will escort you back from the PACU.

We will give you a card with the PACU phone number. Please choose one person to call for updates.
The information in this section will tell you what to expect after your surgery, both during your hospital stay and after you leave the hospital. You will learn how to safely recover from your surgery. Write down any questions you have and be sure to ask your doctor or nurse.
When you wake up after your surgery, you will be in the Post Anesthesia Care Unit (PACU). You will stay there until you are awake and your pain is under control. Most people return to their room after a few hours in the PACU, but some will need to stay in the PACU overnight for observation.

You will receive oxygen through a thin tube called a nasal cannula that rests below your nose. A nurse will be monitoring your body temperature, pulse, blood pressure, and oxygen levels.

Your visitors can see you briefly in the PACU, usually within 90 minutes after you arrive there. A member of the nursing staff will explain the guidelines to them. After your stay in the PACU, you will be taken to your hospital room in the inpatient unit. There, your nurse will tell you how to recover from your surgery. Below are examples of ways you can help yourself recover safely.

- It is important to walk around after surgery. Your nurse will help you get out of bed the day after your surgery. Your activity will be increased until you can walk the halls in the hospital without help. Walking every 2 hours is a good goal. This will help prevent blood clots in your legs and reduce your risk of pneumonia.
- Use your incentive spirometer. This will help your lungs expand, which prevents pneumonia. For more information, please read How to Use Your Incentive Spirometer, located in this section.

Commonly Asked Questions

**Will I have pain after my surgery?**

You will have some pain from your wound after your surgery. Your doctor and nurse will ask you about your pain often. You will be given medication to manage your pain as needed. If your pain is not relieved, please tell your doctor or nurse. It is important to control your pain so you can cough, breathe deeply, use your incentive spirometer, and get out of bed and walk.

**Will I have pain when I am home?**

The length of time each person has pain or discomfort varies. You may have some soreness around your wound, but it usually gets better within a week or 2.

Your healthcare team will give you information about how to manage the discomfort from your surgery. A mild pain reliever such as acetaminophen (Tylenol) or ibuprofen (Advil) will relieve your pain or discomfort. If you have pain that is not well controlled taking these medications, call your doctor’s office.
How do I care for my wound?
You will have an open wound where your ileostomy used to be. Before you are discharged you will get supplies and instructions on how to care for it. Your wound should close in 4 to 6 weeks.

You should check your wound every day for any signs of infection until your doctor tells you it has healed. Call your doctor if you develop any of the following signs of a wound infection:

• Swelling
• Increased pain
• Foul-smelling or pus-like drainage from your wound
• A temperature of 101° F (38.3° C) or higher

To prevent infection, clean your hands with soap and water or an alcohol-based hand sanitizer before you touch your wound.

When can I shower?
You may shower without a bandage on your wound when you go home from the hospital. Do not take tub baths or go swimming until your doctor says it is okay.

How do I do Kegel (pelvic muscle) exercises?
You will need to strengthen your anal sphincter muscles by doing Kegel exercises. These muscles help you hold back stool until you get to a toilet. Strengthening these muscles will help prevent incontinence after your ileostomy is closed.

You can do Kegel exercises while you are sitting, standing, and walking.

1. Tighten your buttock muscles like you are trying to hold back a bowel movement. Hold this position for 5 to 10 seconds.
2. Release and rest.
3. Repeat this exercise 10 times, 4 times a day.

How will my bowel function change after surgery?
Your rectum is a storage tank for stool. You had surgery to remove part of it, so now this tank is smaller. This means that it cannot hold as much stool.

If you had radiation therapy, your rectum may have also become stiff. It will not be able to stretch and hold stool as well as before your surgery. This is usually temporary.

For the first few weeks after your surgery, you may have a lot of bowel movements. This is because the lower part of your colon (large intestine) has not been used in a while. It will take time for your body to recover. You may have a lot of small bowel movements because your rectum cannot hold a lot of stool. For 6 to 12 months after your surgery your bowel movements may:
• Be more frequent
• Occur several times an hour, several times a week
• Occur every other day
• Not feel complete; you may have the feeling that you still have to go

You also may:
• Feel a strong sense of urgency to have a bowel movement
• Have trouble telling the difference between having a bowel movement and passing gas

If you have soreness around your anus from frequent bowel movements:
• Soak in warm water 2 to 3 times a day.
• Apply zinc oxide ointment or Desitin® to the skin around your anus.
• Do not use harsh toilet paper. Use a nonalcohol wipe instead, such as a baby wipe.
• If your doctor prescribes medication, take it as directed.

Over time, your rectum will stretch and increase the amount of stool it can hold. This process can take several months to years.

After your ileostomy closure you are at risk for having a bowel obstruction, which means your intestines are partly or completely blocked. The blockage prevents food, liquids, and gas from moving through the intestines in the normal way. The blockage can be caused by food, scar tissue, or a twist in the intestine. Call your doctor if you have any of the following signs or symptoms of a bowel obstruction:
• Tender and bloated abdomen (belly)
• Abdominal cramping
• Nausea or vomiting
• Unable to pass gas or stool

Will medications or supplements help me after surgery?

Fiber
Your doctor may tell you to take a fiber supplement, such as Metamucil® or Citrucel®, starting about 4 weeks after your surgery. Fiber is both a bulking agent and a laxative.
• Fiber helps stop constipation (not being able to have a bowel movement) by soaking water out of the stool.
• Fiber adds bulk to solid stool, which will stretch your rectum. This stretching takes place over many months, but eventually your bowel movements should become less frequent and less urgent. This will combine all of the small pieces of stool together to create a larger bowel movement. These larger stools will also stretch out your rectum and you will be able to hold more stool. Your rectum squeezes better when it is full.
Start by taking ½ to 1 tablespoon a day, but you take more of it as needed. Drink at least 6 to 8 glasses of water each day because fiber can cause constipation if you’re not drinking enough. If you have bloating and gas, take simethicone (GasX®) as needed.

**Probiotics**

You may need to take a probiotic supplement. Probiotics are very small organisms, such as bacteria and yeast, that naturally live in your digestive tract. Taking probiotics may help your bowels work better. As your doctor or nurse for recommendations.

**Other medications**

If you’re having many bowel movements, your doctor may prescribe medication to slow your bowel down. This may help decrease the feeling that you need to go right away, and may cut down on your number of bowel movements. Your doctor will tell you how much to take and how often to take it. If you do not have a bowel movement for 2 days, contact your doctor or nurse.

**Will I need to change my diet after my surgery?**

Right after your surgery, you will drink clear liquids, but soon you will be able to eat solid food. Eat 5 to 6 small meals throughout the day. Remember to eat slowly and chew your food well. It’s important you try to maintain your weight.

Foods may affect you differently that before your surgery. Certain foods may make you have bowel movements immediately after eating. You will need to test foods and see how your react to them. You may need to change your diet after your surgery. Certain foods can cause diarrhea (watery, loose bowel movements). Every person is different so there is no way to know which foods will make this happen. During the first few months after your surgery, it may be helpful to keep a food diary. This will help identify which foods may have caused the diarrhea.

You may need to follow a bland diet temporarily if you are having multiple bowel movements a day. On a bland diet, avoid:

- Dairy products, including milk, cheese and ice cream
- Spicy foods
- Fried foods
- Gravies and cream sauces
- High fat deli meats
- Greasy meats, such as sausage and bacon
- Fruit juices
- Sugar-free foods

Foods that can help slow down multiple bowel movements a day are:

- White rice
- Bananas
- Apple sauce

Your dietitian will teach you about eating after surgery before you leave the hospital.
When can I resume my normal activities?

Doing your normal activities is an important part of regaining your strength. However, follow the guidelines below:

• Do not lift heavy objects, strain, or do strenuous exercise for at least 6 weeks after your surgery or as instructed by your surgeon.

• Walking is a good way to increase your endurance.

• Rest as needed, but if you cannot sleep at night, it may be a sign that you are resting too much during the day.

When can I resume sexual activity?

Your surgeon will tell you when you can resume sexual activity.

When is it safe for me to drive?

Do not drive until your surgeon tells you it is okay.

What type of follow-up care will I receive after I leave the hospital?

Your surgeon will want to see you 1 to 3 weeks after you leave the hospital. If you do not have an appointment before you leave the hospital, please call your surgeon’s office to schedule it.

At this visit, your surgeon will check your wound and overall condition. At other follow-up visits, you may have blood tests, x-rays, or colonoscopies.

It is important that you go to all of your follow-up visits after your surgery. You can call your surgeon’s office if you have any questions in between these visits.

What if I have other questions?

If you have any questions or concerns, please talk with your surgeon or nurse. You can reach them Monday through Friday from 9:00 AM to 5:00 PM at the numbers below.

Surgeon: ____________________________ Telephone: ____________________________

Nurse: ____________________________ Telephone: ____________________________

After 5:00 PM, during the weekend, and on holidays, call 212-639-2000 and ask for the doctor on call for your doctor.
Call Your Doctor or Nurse if You Have:

- A temperature of 101°F (38.3°C) or higher
- Abdominal pain, bloating, cramping, and/or tenderness
- Nausea or vomiting
- The following signs of wound infection:
  - Swelling
  - Increased pain
  - Warmth at the wound site
  - Foul-smelling or pus-like drainage
- Trouble passing gas or stool
- Difficulty urinating
- Pain on your wound that is not relieved by pain medication
- Bleeding from your rectum
- Any of the following signs and symptoms of dehydration (not having enough liquids):
  - Feeling very thirsty
  - Dry mouth or skin
  - Fatigue
  - Loss of appetite
  - Feeling dizzy when you stand
  - Headache
  - Leg cramps
- Any questions or concerns
How to Use Your Incentive Spirometer

This information will help you learn how to use your incentive spirometer.

About Your Incentive Spirometer

An incentive spirometer is a device that will expand your lungs by helping you to breathe more deeply and fully. The parts of your incentive spirometer are labeled in Figure 1.

![Incentive Spirometer Diagram]

Figure 1. Incentive Spirometer

Use your incentive spirometer after your surgery and do your deep breathing and coughing exercises. This will help keep your lungs active throughout your
recovery and prevent complications such as pneumonia.

How To Use Your Incentive Spirometer

Here is a video demonstrating how to use your incentive spirometer:

[Video link: mskcc.org/pe/incentive_spirometer]

Setting up your incentive spirometer

The first time you use your incentive spirometer, you will need to take the flexible tubing with the mouthpiece out of the bag. Stretch out the tubing and connect it to the outlet on the right side of the base (see Figure 1). The mouthpiece will be attached to the other end of the tubing.

Using your incentive spirometer

When you are using your incentive spirometer, make sure to breathe through your mouth. If you breathe through your nose the incentive spirometer will not work properly. You can plug your nose if you have trouble.

If you feel dizzy at any time, stop and rest. Try again at a later time.

To use your incentive spirometer, follow the steps below.

1. Sit upright in a chair or in bed. Hold the incentive spirometer at eye level.
   - If you had surgery on your chest or abdomen (belly), hug or hold a pillow to help splint or brace your incision (surgical cut) while you're using the incentive spirometer. This will help decrease pain at your incision.

2. Put the mouthpiece in your mouth and close your lips tightly around it. Slowly breathe out (exhale) completely.

3. Breathe in (inhale) slowly through your mouth as deeply as you can. As you take the breath, you will see the piston rise inside the large column. While the piston rises, the indicator on the right should move upwards. It should stay in between the 2 arrows (see Figure 1).

4. Try to get the piston as high as you can, while keeping the indicator
between the arrows.

- If the indicator does not stay between the arrows, you are breathing either too fast or too slowly.

5. When you get it as high as you can, hold your breath for 10 seconds, or as long as possible. While you’re holding your breath, the piston will slowly fall to the base of the spirometer.

6. Once the piston reaches the bottom of the spirometer, breathe out slowly through your mouth. Rest for a few seconds.

7. Repeat 10 times. Try to get the piston to the same level with each breath.

8. After each set of 10 breaths, try to cough. Holding a pillow over your incision, as needed. Coughing will help loosen or clear any mucus in your lungs.

Repeat these steps every hour that you are awake.

Cover the mouthpiece of the incentive spirometer when you are not using it.
This section contains a list of MSK support services, as well as the resources that were referred to throughout this guide. These resources will help you prepare for your surgery and recover safely. Write down any questions you have and be sure to ask your doctor or nurse.
Admitting
212-639-5014
Call to discuss private room or luxury suite options. If you want to change your room choice after your presurgical testing visit, call 212-639-7873 or 212-639-7874.

Anesthesia
212-639-6840
Call with questions about anesthesia.

Blood Donor Room
212-639-7643
Call for more information if you are interested in donating blood or platelets.

Bobst International Center
888-675-7722
MSK welcomes patients from around the world. If you are an international patient, call for help.

Chaplaincy Service
212-639-5982
At MSK, our chaplains are available to listen, help support family members, pray, contact community clergy or faith groups, or simply be a comforting companion and a spiritual presence. Anyone can request spiritual support, regardless of formal religious affiliation. The interfaith chapel is located near the main lobby of Memorial Hospital, and is open 24 hours a day. If you have an emergency, please call the hospital operator and ask for the chaplain on call.

Counseling Center
646-888-0200
Many people find counseling helpful. We provide counseling for individuals, couples, families, and groups, as well as medications to help if you feel anxious or depressed.

Integrative Medicine Service
646-888-0800
Integrative Medicine Service offers patients many services to complement traditional medical care, including music therapy, mind/body therapies, dance and movement therapy, yoga, and touch therapy.

Look Good Feel Better Program
800-227-2345
Learn techniques to help you feel better about your appearance by taking a workshop or visiting the program online at www.lookgoodfeelbetter.org.

Patient-to-Patient Support Program
212-639-5007
You may find it comforting to speak with a cancer survivor or caregiver who has been through a similar treatment. Through our Patient-to-Patient Support Program, we are able to offer you a chance to speak with former patients and caregivers.
Patient Billing
646-227-3378
Call Patient Billing with any questions about preauthorization from your insurance company. This is also called preapproval.

Patient Representative Office
212-639-7202
Call if you have any questions about the Health Care Proxy form or if you have any concerns about your care.

Perioperative Clinical Nurse Specialist
212-639-5935
Call if you have any questions about MSK releasing any information while you are having surgery.

Private Nursing Options
212-639-6892
Patients may request private nurses or companions. Call for more information.

Resources for Life After Cancer (RLAC) Program
646-888-8106
At MSK, care doesn’t end after active treatment. The RLAC Program is for patients and their families who have finished treatment. This program has many services, including seminars, workshops, support groups, counseling on life after treatment, and help with insurance and employment issues.

Social Work
212-639-7020
Social workers help patients, family, and friends deal with issues that are common for cancer patients. They provide individual counseling and support groups throughout the course of treatment, and can help you communicate with children and other family members. Our social workers can also refer you to community agencies and programs, as well as financial resources if you’re eligible.

Tobacco Treatment Program
212-610-0507
If you want to quit smoking MSK has specialists who can help. Call for more information.

For additional online information, visit LIBGUIDES on MSK’s library website at http://library.mskcc.org. You can also contact the library reference staff at 212-639-7439 for help.
External Resources

The following are resources outside of MSK that you may find helpful:

Access-A-Ride
web.mta.info/nyct/paratran/guide.htm
877-337-2017
In New York City, the MTA offers a shared ride, door-to-door service for people with disabilities who are unable to take the public bus or subway.

Air Charity Network
www.aircharitynetwork.org
877-621-7177
Provides travel to treatment centers.

American Cancer Society (ACS)
www.cancer.org
800-227-2345
Offers a variety of information and services, including Hope Lodge, a free place for patients and caregivers to stay during cancer treatment.

Cancer and Careers
www.cancerandcareers.org
A comprehensive resource for education, tools, and events for employees with cancer.

CancerCare
www.cancercare.org
800-813-4673
275 Seventh Avenue (between West 25th & West 26th Streets) New York, NY 10001
Provides counseling, support groups, educational workshops, publications, and financial assistance.

Cancer Support Community
www.cancersupportcommunity.org
Provides support and education to people affected by cancer.

Caregiver Action Network
www.caregiveraction.org
800-896-3650
Provides education and support for those who care for loved ones with a chronic illness or disability.

Corporate Angel Network
www.corpangelnetwork.org
866-328-1313
Free travel to treatment across the country using empty seats on corporate jets.

fertileHOPE
www.fertilehope.org
855-220-7777
Provides reproductive information and support to cancer patients and survivors whose medical treatments have risks associated with infertility.
Gilda's Club  
www.gildasclubnyc.org  
212-647-9700  
A place where men, women, and children living with cancer find social and emotional support through networking, workshops, lectures, and social activities.

Good Days  
www.gooddaysfromcdf.org  
877-968-7233  
Offers financial assistance to pay for copayments during treatment. Patients must have medical insurance, meet the income criteria, and be prescribed medication that is part of the Good Days formulary.

Healthwell Foundation  
www.healthwellfoundation.org  
800-675-8416  
Provides financial assistance to cover copayments, health care premiums, and deductibles for certain medications and therapies.

Joe's House  
www.joeshouse.org  
877-563-7468  
Provides a list of places to stay near treatment centers for people with cancer and their families.

LGBT Cancer Project  
http://lgbtcancer.com  
Provides support and advocacy for the LGBT community, including a online support groups and a database of LGBT friendly clinical trials.

National Cancer Institute  
www.cancer.gov

National Cancer Legal Services Network  
www.nclsn.org  
Free cancer legal advocacy program.

National LGBT Cancer Network  
www.cancer-network.org  
Provides education, training, and advocacy for LGBT cancer survivors and those at risk.

Needy Meds  
www.needymeds.com  
Lists Patient Assistance Programs for brand and generic name medications.

NYRx  
www.nyrxplan.com  
Provides prescription benefits to eligible employees and retirees of public sector employers in New York State.
Partnership for Prescription Assistance
www.pparx.org
888-477-2669
Helps qualifying patients without prescription drug coverage get free or low-cost medications.

Patient Access Network Foundation
www.panfoundation.org
866-316-7263
Provides assistance with copayments for patients with insurance.

Patient Advocate Foundation
www.patientadvocate.org
800-532-5274
Provides access to care, financial assistance, insurance assistance, job retention assistance, and access to the national underinsured resource directory.

RxHope
www.rxhope.com
877-267-0517
Provides assistance to help people obtain medications that they have trouble affording.