

Cheklist for preparing before, during and after treatment

Two weeks before treatment:

- ☐ If you need to cut or dye your hair, we recommend that you do so two weeks before your treatments begin. Choose a dye that will help make your regrowth less visible.

Several days before treatment:

- ☐ At least two days before treatment, order dry ice from the manufacturer (see FAQ and explanatory video for details). Please note that suppliers are generally closed on Saturdays and Sundays. (See [FAQ](#) and [video](#) to find out more).
- ☐ Wash your hair in cold water, following the care instructions provided by the manufacturer. For example, if your treatment is on Wednesday, we recommend washing your hair 3 days beforehand, on Sunday. Note that for the first treatment, you can wash your hair the day before without any problem.
- ☐ Read the manufacturer's instructions carefully before starting. Take the time to listen to the videos with your guide.
- ☐ Practice installing the cold cap. We suggest putting it in the freezer to get a better feel for the cold and texture of the cold cap once frozen.
- ☐ Buy and prepare the items you need for greater comfort (see [checklist](#)).
- ☐ Cut out the protective strip for the forehead and ears in preparation for the big day.

The day before treatment:

- ☐ Collect the dry ice.
- ☐ Prepare your bag with [the items](#) that make you feel good in hospital.
- ☐ Make sure you have everything you [need](#) to use the cold caps.
- ☐ Number the bags containing the cold caps and bands (e.g. cold cap 1, band 1, cold cap 2, band 2, cold cap 3, band 3), if you haven't already done so.
- ☐ Pack a water bottle (ideally insulated), snacks and a packed lunch for the next day (for you and your companion).

The day of treatment:

- ☐ Assemble your cooler two hours before the cold caps and bands are to be fitted (see [video](#) and [timing chart](#)).
- ☐ Go to the hospital with a smile.
- ☐ Ask the nursing staff what time the first chemotherapy infusion will start.
- ☐ Inform the nursing staff that you will need to handle the cold caps yourself or help your companion to do so. Ideally, the infusion should be placed on the hand or arm, to allow greater freedom of movement at the wrist.
- ☐ If you have difficulty installing the infusion, keep your body warm and apply heat to the affected arm before trying again.
- ☐ Take acetaminophen (Tylenol) as needed once your vital signs have been taken by the nurse.

End of treatment and return home:

- ☐ Once the infusion is complete, it may be a good idea to replace your cold cap one last time before heading out to your car. In hospitals with multi-level indoor parking lots, where the exit may be long, replace your cold cap in the parking lot just before setting off.
- ☐ If you have more than 20 minutes to travel between the hospital and home, find strategic places to stop and replace the cold cap in the car (a gas station, shopping center, pharmacy parking lot, etc.).
- ☐ Once treatment is complete, carefully wipe the cold caps and bands with a towel and leave to dry.

The day after treatment:

- ☐ Store the dry cold caps and bands in their individual plastic bags.
- ☐ Have a good rest!

3 days after treatment:

- ☐ Wash your hair in cold water, following the care instructions provided by the manufacturer. For example, if your treatment was on Wednesday, we recommend washing your hair on the following Saturday.