

Preparing for external beam radiotherapy: Suggested items to bring

- Nightwear: Nightie or button-front nightshirt (for easy access); baggy shorts (better than pyjamas for managing tubes or drains).
- Wear layers, as the temperature can vary
- Spare underwear
- Sanitary towel
- Toilet tissue wipes
- Book, magazine or Kindle
- Mobile phone or tablet (and a battery pack in case of delays)
- Earphones/headphones
- Reading glasses
- Snack
- Pre-filled water bottle or flask at your preferred temperature
- Contact numbers for family and friends

You can use the space below to jot down any notes or additional items you might want to bring