

Poole HospitalDorset Cancer Centre reception - **0300 019 2538**Level - 1, Poole Hospital, Longfleet road, Poole,
BH15 2JB**To book a blood test at Poole Hospital**Oncology Outpatients - **0300 019 3223**

Main Outpatients - Blood Tests are available on a walk-in basis only. Upon arrival, you will be issued a ticket number. The service operates Monday to Friday, 8am-4.30pm

St Mary's - Located across the road from Poole Hospital. Offers a booked blood test service.

This service runs Monday to Friday, 8am-1pm.

Appointments can be made by calling **0300 019 8900**

To read this leaflet in a different language, please visit our website: www.uhd.nhs.uk/visit/patient-information-leaflets and use the language and accessibility function available along the top of the site.

To ask for this leaflet in larger print, please contact the patient experience team on **0300 019 8499** or email uhd.patientexperienceteam@nhs.net.

The Royal Bournemouth Hospital,
Castle Lane East, Bournemouth, Dorset, BH7 7DW

Poole Hospital,
Longfleet Road, Poole, Dorset, BH15 2JB

Christchurch Hospital,
Fairmile Road, Christchurch, Dorset, BH23 2JX

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Visit www.uhd.nhs.uk/future to find out more.

Your treatment at UHD



This booklet is about
systemic anti-cancer therapy (SACT).

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What is a systemic anti-cancer therapy (SACT)?

SACT are treatments that destroy or control cancer cells. These medicines travel through the bloodstream. This allows them to reach cancer cells throughout the body.

SACT includes a range of treatments such as:

- chemotherapy
- immunotherapy
- targeted therapy
- hormone therapy

The aim of these is to slow or stop the growth of cancer, reduce symptoms, or stop it from returning.



Treatment planning

Cancer drugs are normally given in cycles over a few months. When your consultant plans your treatment, they think about lots of factors. This is to make sure it's right for you. These include the:

- type of cancer
- stage of the cancer
- types of drugs that you're having
- side effects the drugs might cause
- time you'll need to recover from side effects



Clinical trials

UHD does research and clinical trials. Clinical trials test different treatments. The doctor or nurse may ask if you want to join a trial. They will give you all the details of the trial. You do not have to take part in the trial. It is your choice. If you do go ahead with the trial, you can stop at any time.

Do not wait to see if these symptoms improve. Call the hotline number.



Preventing pregnancy

Do not get pregnant during treatment or for six months after. Treatment can harm a baby.

Longer term it is possible that your fertility may be affected by SACT. Please speak to your doctor about this.



Late effects

Most side effects go away after treatment. Some can last longer. Call the hotline for up to six weeks following completing chemotherapy and two years following completing immunotherapy. After these times, call your GP.



Parking

If you come often for treatment, you can get free parking. Ask your nurse for a form.



Important contact numbers

Please call the daycare reception if you're unable to attend for treatment. The contact numbers are included below:

Royal Bournemouth Hospital

Jigsaw reception - **0300 019 4774**

Royal Bournemouth Hospital, Castle Lane East,
Bournemouth, BH7 7DW

To book a blood test at Royal Bournemouth Hospital

Jigsaw reception - **0300 019 4774**

Main Outpatients offers a booked blood test service
Monday to Friday, 8.30am-4pm. Appointments can
be made by calling **0300 019 4781**

It is rare but important to deal with quickly. In the days after your treatment, please contact the hospital if you have:

- redness
- swelling
- tracking (redness spreading) or pain

We can then give you the correct treatment.

Treatment locations

- **Dorset Cancer Care unit (DCC):**

This is the day unit based at Poole Hospital, level -1.*

- **Haematology Oncology Day Unit (HODU):**

This is the day unit based at Royal Bournemouth Hospital, Jigsaw building, West Wing.*

- **Inpatient wards:**

We have cancer wards at Royal Bournemouth Hospital if you need to stay in.

- **Treatments at home:**

Some treatments can be done in your own home. A specialist nursing team will come to you to do this. Your medical team will let you know if this is possible.

- **Self-administration:**

Some treatments can be safely done by you at home. This is normally a joint decision between you and your medical team. They will show you how to give the injection. They will make sure you are confident and safe before you start injecting yourself.

*You can have a maximum of one visitor come with you while having treatment. This can be a different person each treatment appointment.



Blood test appointments

You normally need a blood test before each treatment. This is to check if your blood cells have recovered from earlier treatments. You will be given details on how to book these.



Keeping a diary

Write down any side effects after each treatment. This helps your doctor or nurse know how you are doing.

When should I contact the hospital?

When you start treatment you will get a red 24 hour 'hotline' card. Please always keep this card on you.

Examples of when you should contact the hospital:

- Have a high or low temperature. A normal temperature is between 36 and 37.5.
- Constant nausea and vomiting after taking anti-sickness tablets.
- Painful mouth ulcers and / or swelling of the mouth.
- Diarrhoea (especially if more than four watery poos in a 24-hour period).
- New blood or mucus in your poo.
- New breathlessness.
- Extreme tiredness meaning you struggle to get out of bed.
- Loss of feeling or strength in your arms and / or legs.
- Pain, redness, or swelling around the injection site.

This is not by any means a complete list. If there are any side effects you can't manage at home, call the hotline number.



The hotline number is **0300 019 4302**

What will happen when I contact the hotline number?

Your call will be answered by a trained cancer nurse. Please have your hospital number and treatment name to hand. The nurse may need to talk to a doctor for advice. If so, they will call you back. They may then:

- advise you on self-care at home.
- arrange a review in the Cancer Care Same Day Emergency Care Unit (SDEC) at Royal Bournemouth Hospital.
- signpost you to another service (for example the GP).

There is also a voicemail service if staff are unable to answer the call. If your call goes to voicemail, please leave a message with:

- your name
- hospital number
- your concern
- the number to call you back on

If you haven't received a response within 30 minutes, please try again.

If symptoms are severe, such as chest pain, acute shortness of breath, or active bleeding, then please call **999**. If the triage nurse is concerned, they may ask you to redial **999** or attend the emergency department.

The SDEC is in Zone A, ward 25 and open daily from 8am to 6pm.

Venous thromboembolism (VTE / blood clots)

Cancer and cancer treatments can cause blood clots. If your arm or leg swells, or is hot to the touch, you may have a deep vein thrombosis (DVT). If you have sudden breathlessness, you may have a pulmonary embolus (PE). Call the hotline right away.

Both DVT and PE need urgent treatment. Getting treatment early can stop more serious problems.



How are the drugs given?

Treatment can be given in a few ways. It may be by one route or a mixture of injections, drips, and tablets.

• Oral (by mouth):

You may be given capsules or tablets to take. Please contact the hotline if you miss a tablet or vomit soon after taking them.

• Intravenous injection / intravenous drip:

The drugs go directly into your blood. This is through a cannula or other central venous access device (CVAD). The cannula is usually put into a vein in the arm. It is removed when you go home. Some treatments need a more durable line (CVAD). This is placed in a larger vein in the chest or arm. You will be told about this if needed.

• Subcutaneous (under the skin) or intra-muscular (into the muscle) injection:

Treatments can be given as an injection. This could be into the arm, stomach, side of hip, or thigh.

• Intrathecal injection:

The chemotherapy is injected into the fluid surrounding the spinal cord. This is done by a doctor. They insert a small needle into your back to give the drug.

Extravasation

Drugs, when given as a drip, may leak out of the vein. This is known as extravasation. It can damage the tissue around the vein. Tell the nurse straight away if you have any of the following:

- stinging
- pain
- redness
- swelling around the vein or CVAD