Some cancer medicines can make you feel weak, sleepy, or dizzy. You can help prevent falls in the infusion room (where we give you these medicines) by following the suggestions below. Please tell us if you have had problems with falling or dizziness before. Let us know if you are concerned about the risk of falling here at the hospital or at home.

**What Can You Do to Prevent Falls?**

**DO:**
- Wear stable shoes or non-slip socks. We can provide socks if you need them.
- If you have a cane, walker, or other assistive device, use it.
- If you’ve been lying down, sit at the side of the chair or bed for a few minutes before standing.
- Stay seated if you feel light-headed or dizzy.
- Notify staff of any spilled liquids.

**DON’T:**
- Do not lean on the pole holding your cancer medicine to help you get up.
- Do not step over the chair footrest. Make sure it is all the way down.

**ASK:**
- Ask a nurse for help if you don’t know how to operate the chair.
- Ask for help with getting up if you need it.

**BE AWARE:**
Check around you before you get up:
- Is the chair footrest all the way down?
- Is the floor dry?
- Is your path clear?
- Is the tube from you to your medicine out of the way?
- Before you walk, is the machine that pumps your medicine unplugged and the cord off the floor?

**Remember: Call, Don’t Fall.**

Thank you for helping us prevent falls. Your safety is our greatest concern.