Patient Lodge at Holiday Inn Express and Suites

This handout will give you information about the Patient Lodge the Durham Regional Cancer Centre (DRCC) has at Holiday Inn Express and Suites in downtown Oshawa.

You may be able to stay at the Patient Lodge if you:

- Are not able to travel to your daily treatment appointments and
- Live more than 50 km away from DRCC

Please talk to your primary nurse or the radiation therapist at your CT simulation appointment about staying at the Patient Lodge.

If you qualify to stay at the Patient Lodge

The reservation for your stay will be booked through the B1 level reception desk at the DRCC. You will be given information about your reservation at the Patient Lodge at this time.

What is available at the Patient Lodge

The Patient Lodge rooms:

- Are free of charge if booked through the DRCC.
- Have two queen size beds. You may have a family member/partner-in-care stay with you in the room. If another patient needs a room, your family member/partner-in-care may not be able to stay with you. You may be asked to share a room with someone of the same gender.
- Your family member or partner-in-care may book a room at his/her own cost. A discounted rate is available. This room would need to be booked directly through Holiday Inn Express and Suites.
- Are only available from Monday to Thursday (Friday morning check out). These rooms are not available on weekends or holidays.
- Include a telephone for unlimited calls, cable television, an alarm clock radio, mini fridge and microwave.

Your stay at the Patient Lodge includes:

- Free parking
- Free Wifi
- Daily breakfast buffet on main floor
- Use of a common area with coffee and tea available
- Use of a fitness room, indoor pool, and computers on main floor

You need to bring or buy your own food while you stay at the Patient Lodge. Breakfast is the only meal provided. You need to pay for movie rentals and any room damages. There is no smoking and no pets allowed except for service animals.
Check in and out at the Patient Lodge

Check in is after 3pm and check out is at 11am.

When you check into the Holiday Inn Express and Suites you will be asked to show identification and fill in a registration card. You will be asked to leave a credit card number with the front desk of the hotel to pay for these extra charges.

Transportation to the Patient Lodge

You need to drive yourself or arrange your own ride from the Patient Lodge to DRCC. If you need a ride, you can call the Canadian Cancer Society’s Wheels of Hope Program at 1-800-263-6750. There is a fee for this service.

Location of the Patient Lodge

Holiday Inn Express and Suites is located 1.0 kilometer from the cancer centre.
The parking and entrance is on the east side or back of the building (from Ontario Street).

There are several restaurants and attractions close to the Holiday Inn Express and Suites. Food delivery can also be arranged. Staff at the front desk staff can help you with this.
How to eat well when you stay at the Patient Lodge

Here are some suggestions if you want to “eat in” when you stay at the Patient Lodge. This information is from the dietitians at the DRCC.

Useful items to bring:
- Disposal cups/mugs/plates/bowls/cutlery
- Milk (small individual cartons are ideal)
- Favorite drinks in small containers (juice, pop, etc.)
- Favourite condiments/seasonings (salt, pepper, ketchup, mustard, etc.)

Meals to bring:
- Packaged leftovers from home
- “Just add water” dishes (soup, chilies, pastas)
- Sliced meat or sandwich filling (egg/tuna/salmon salad) with bagels/bread/buns
- Individual serving size of cottage cheese or yogurt with fruit (fresh or canned)
- Individual serving size of salads with cheese/cheese strings
- Instant hot cereal mixes

Snacks to bring:
- Pudding cups/custard
- Yogurt
- Cheese/Cheddar strings
- Fresh fruit or fruit cups
- Nuts/peanuts/trail mix
- Dried fruit (raisins, apricots, cranberries)
- Crackers/breadsticks/cookies
- Granola bars/cereal bars
- Ready-to-serve nutrition supplements (Ensure, Boost, Nestle Instant Breakfast)

If you have a problem or concern about a cancer related symptom

1. Call your primary nurse at the cancer centre from 8:30 am to 4 pm, Monday to Friday (except on holidays). Your primary nurse will have given you the number to call.

2. Call the After-hours Symptom Management Telephone Service at 1-877-681-3057.
   - From 5 pm to 8:30 am, Monday to Friday.
   - On weekends and holidays at any time of the day or night.

If you are having a medical emergency, call 911 or go to the emergency department at the hospital closest to you.

Please talk to a member of your healthcare team if you have questions or do not understand any of the information in this handout.

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