Welcome to the R.S. McLaughlin Durham Regional Cancer Centre

This handout will give you the information you will need for your first visit to the R.S. McLaughlin Durham Regional Cancer Centre.

The first time you come for an appointment

You will check in at the main floor reception desk of the cancer centre. After you check in, you may be called to have blood work done. This will only happen if your physician has ordered blood work. You will then be called by a member of your health care team for your appointment.

Your team will review your medical history, your reports and talk to you about your illness. They will talk to you about the choices you may have for treatment. Normally, you will not get any treatment at this first appointment. You will be told if your first visit is to include a treatment. **Ask questions if there is anything that you do not understand.**

What to bring to your appointment

- The bottles or containers of any medications that you are taking. This includes any medication that you do not need a prescription for (example: Tylenol, Aspirin or vitamins).
- A supply of the medications that you need to take during the time you will be at the cancer centre.
- A list of your medical history including dates of surgeries and any other health problems that you have had.
- Your Ontario Health Insurance Card.
- Snacks and drinks. You can buy a light meal/snack and hot or cold drinks from the hospital food court, volunteer kiosk or a vending machine.
- A friend or family member. It is helpful to have someone with you to hear the information that you will be given.
- Pen and paper to keep notes.
- A list of any questions or concerns that you may have for your doctor or nurse.
- If you are on oxygen, be sure that you have enough oxygen to last for 6 to 8 hours.
- X-rays or CT scans (film on CD) if you have been told to bring them.
Location

The R.S. McLaughlin Durham Regional Cancer Centre is part of Lakeridge Health. It is located on the west side of Simcoe Street North in Oshawa, Ontario.

Parking

Parking is available on the north side of the hospital on Hospital Court. There is a fee payable at the time of exit. If you are returning to the cancer centre on a regular basis you may wish to contact the parking office to buy a monthly parking pass. You can call the parking office at 905-576-8711, extension 3707.

If you are unable to walk from the parking garage, your driver can drop you off at the front of the cancer centre on Parkwood Court (south side of main hospital).

Entering the Cancer Centre from the parking garage:
Enter the hospital through the revolving doors and follow the hallway into the main atrium (food court/Tim Hortons’s area). Continue past the escalators turning left at the next hallway. Continue through the set of double doors into the C-wing. Follow the hallway into the main waiting room area. You can check in at the reception desk on the main level for your appointment. For a radiation appointment you will need to take the elevators to level B1.

Coming to the Cancer Centre by Car

If you are coming from the west:
Take Hwy 401 east (to Kingston) to exit #417 – Simcoe Street. Turn left at Bloor Street. Turn left at Simcoe Street. Continue driving north on Simcoe Street for 2.6 km. Turn left at Hospital Court. The parking garage is at the end of Hospital Court.

If you are coming from the east:
Take Hwy 401 West (to Toronto) to exit #418 – Ritson Road/Simcoe Street. Merge onto Drew Street. Turn left at First Avenue and then turn right at Simcoe Street. Continue driving north on Simcoe Street for 2.6 km. Turn left at Hospital Court. The parking garage is at the end of Hospital Court.
If you are coming from the north:
Take Hwy. 35/115 South to exit for Taunton Road. Travel west on Taunton Road. Turn left at Simcoe Street. Turn right at Hospital Court. The parking garage is at the end of Hospital Court.

Transportation
If you do not have a family member or a friend to drive you to the Cancer Centre, you can get information about a ride by calling:

- **Canadian Cancer Society**
  [www.cancer.ca](http://www.cancer.ca)
  Telephone: 1-888-939-3333

- **Go Transit**
  [www.gotransit.com](http://www.gotransit.com)
  Telephone: 1-888-438-6646

- **Oshawa Transit**
  [www.durhamregionaltransit.com](http://www.durhamregionaltransit.com)
  Telephone: 1-888-247-0055

Please note: the R.S. McLaughlin Durham Regional Cancer Centre is a scent-free environment. We ask that you do not use anything that has a perfume or scent before you come to the cancer centre.

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