



**ROGEL CANCER CENTER**  
UNIVERSITY OF MICHIGAN HEALTH

# Clinical Trial Research Patient Information

Thank you for participating in a clinical trial (sometimes called a “study”) at the University of Michigan Rogel Cancer Center.

## Contact information for the Rogel Cancer Center Call Center

- Monday through Friday between 8:00 AM - 5:00 PM, call (734) 647-8902.
- After hours (between 5:00 PM - 8:00 AM or on weekends), call (734) 936-6267 and ask for the on-call hematologist or oncologist.
- When you call, clearly tell the staff why you’re calling. If you are not feeling well, you should hear from the clinic nurse before your research nurse or coordinator.
- If you have a life-threatening or medical emergency, call 911.

## Who is on my clinical trial research team?

### Research nurses and coordinators

While participating in the clinical trial, you will have a research nurse or coordinator who will be your main contact for any of your research-related questions or concerns. They will coordinate your visits, tests, and procedures throughout your clinical trial.

**Name of your research nurse or coordinator:** \_\_\_\_\_

### Providers

- During your visits, you will be seen by the clinical team which may include your primary medical oncologist, nurse practitioners, or physician assistants. Each member of the clinical team works directly with the medical oncologist who is overseeing your treatment.
- Some clinical trials may also require you to see other providers like surgeons, radiation oncologists, speech therapists, etc. If you have

already been working with particular providers, your nurse or coordinator will try to schedule visits with that provider.

### **What can I expect at my clinical trial visits?**

Each visit could be a different length of time, depending on what you're doing and whether you also have procedures during some visits. You can look at your consent form for more details on the requirements at each visit. A typical clinical trial visit will include:

- **Labs and blood work** (scheduled 1 hour before your visit with a provider, unless the study lets you have your blood drawn the day before)
- **A visit with a provider**
- **An infusion appointment** (scheduled at least 90 minutes after the provider visit, to give you oral or IV medication)

These time gaps between appointments allow us to look at your blood work results and prepare and deliver your medication from the pharmacy. We will schedule your infusion appointments based on:

- How long it will take to prepare your medication
- How long it will take to give you the medication
- Anything we need to do before or after giving your medication dose (blood work, ECGs, etc.)

**How much time to expect for your visits:** \_\_\_\_\_

### **How does scheduling work for my clinical trial?**

- Your research nurse or coordinator will manage your scheduling for all research-related visits. Your visit appointments will show up on the online patient portal ([MyUofMHealth.org](http://MyUofMHealth.org)), and we will also give you a reminder call before your scheduled visits.
  - Please be aware that you will no longer have your future infusion visits scheduled during checkout from your most recent infusion

visit. There is a separate infusion scheduling team that will handle scheduling those visits.

- In some cases, we may ask if you are willing to separate your visit appointments. Depending on the clinical trial, this could mean completing your labs and blood work the day before your provider visit or scheduling your infusion appointment 1-2 days after your provider visit. Separating your appointments would help you decrease wait times to see your provider and for your infusion appointments. If you are willing to separate your visit appointments, please let your research nurse or coordinator know.

## **What do I need to know about the clinical trial medications?**

### **If you have an oral medication (medication you take by mouth):**

- Your research nurse or coordinator will talk with you about any temperature requirements for storing your clinical trial medication.
- Always bring your clinical trial medication (including empty bottles) with you to every appointment, along with your clinical trial diary (if you have one).
- On your clinic appointment days, please do not take your clinical trial medication until you're instructed to.

### **If you have an IV medication (liquid medication you get through infusion):**

- We will need to prepare your IV medication on the day of your infusion appointment, which may increase your wait times.
- If you are receiving IV medication at your infusion appointment and you have a port, please keep it accessed after your blood draw.

## **Eating and drinking guidelines while on medications**

It is important to know when you can or cannot eat or drink when taking your clinical trial medications. They may require fasting or taking your medication

with a small meal or snack. Fasting can be defined in many ways. Review your fasting requirements by checking your clinical trial diary and checking these written guidelines:

Fasting is not required for your treatment

Fasting is required for your treatment

**With this medication, fasting means:** \_\_\_\_\_

**You should fast on these days:** \_\_\_\_\_

**When to stop:**  Drinking: \_\_\_\_\_  Eating: \_\_\_\_\_

**When fasting, you can still have:** Water:  Yes  No Black coffee:  Yes  No

**When fasting, you can still take:** Other medications (prescription and over-the-counter):  Yes  No

### **What other procedures might I have during my visits?**

Some clinical trials require procedures before and after your medication doses. At the start of your infusion appointment, your treatment nurse will tell you what type of procedures to expect. This may include blood work at different times throughout your infusion. Unlike your other blood work, these are samples sent to a central laboratory to see how the drug is working in your body. You will not receive the results of these blood tests.

### **What can I bring to my clinical trial visits?**

- Things to keep you entertained, like iPads, laptops, headphones, books, magazines, etc. (WiFi is available)
  - Please use headphones to keep the sound low and be prepared for possible interruptions from your treatment team.
- Things to eat, like snacks or small meals (there are some snacks available to you in the treatment area)

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