



Talk to your provider about whether you can safely drive after treatment. He or she is knowledgeable about the side effects of your treatment regimen and how it may affect your driving.

During Cancer Treatment - **Driving and cancer**

When going through your cancer journey, you may notice physical changes in your strength, flexibility, concentration and coordination. Your joints may get stiff and muscles may weaken. Some people have trouble walking or feel pain in their knees, legs or ankles. These problems can make it hard to drive safely. Fatigue, nausea and vomiting are all common side effects that may affect not only your desire to drive, but your concentration and alertness. Vision changes such as blurred or double vision can also accompany cancer treatment. **Please remember you should not drive while taking any pain medication.** They can cause drowsiness which can decrease your response time and even cause you to fall asleep at the wheel.

You may be asked to complete a driver's assessment if you, your family or your physician are unsure of your driving safety level.

Exercise can improve strength, flexibility, coordination and reduce driving errors. Some exercises to try:

- Hand grip strengthening to help you hold on to the steering wheel.
- Shoulder and upper arm flexibility exercises to make it easier to reach for your seat belt.
- Neck and back flexibility exercises to help you turn to look behind you when backing up.
- Lower-body strength exercises to help with accelerating and braking.



If you find you cannot drive yourself to and from cancer treatment sessions, consider taking a taxi, public transportation or asking a friend to drive you. If none of these options work for you, contact your social worker, who may be able to refer you to patient transportation services.