

# Appointment and healthcare team discussion guide

## Before your appointment

- Write down a list of things you want to discuss with your doctor, including:
  - **Any questions you have**
  - **How you have been feeling**
  - **Any changes in your body that you've noticed**
  - **Your worries or concerns including those related to work or caring for your family**
  - **Issues related to your treatment**
  - **Support or resources available**
- If you have a calendar, journal or other way of tracking your treatment, make sure that you have filled it in and take that with you. This will help your doctor quickly identify if any changes are required to your treatment
- Decide if you'd like a friend or loved one to go to the appointment with you. Having someone else there will not only offer you extra emotional support, but will mean somebody else is able to listen to what the doctor has to say
- Make a plan of how you're going to get to your appointment. You may want to check public transport timetables, or ask someone to drive you, as well as bringing change for the hospital car park
- If you're going for a scan, check if you need to follow any advice beforehand.

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## At your appointment

Remember your appointment is dedicated time to talk about you, your body and your health. We have provided some tips to support you during your appointment, to make sure that you ask useful questions and are able to understand your doctor's answers.

- Take notes during your appointment to help remind yourself of what your doctor has told you. If you take somebody with you, they can also take notes
- If your doctor allows it, you may want to record your visit
- Don't be afraid of asking your doctor or healthcare team to repeat themselves. If you don't understand what they are saying, tell them this and they can try to rephrase in a way in which you understand
- Try repeating things back to your doctor e.g. by starting with 'So you mean I should...' This can help clarify what is being said and can help you remember what has been discussed after your appointment

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If you are getting the results from a recent scan, then consider asking some of the below questions to help you get the most out of your time with your oncologist:

- How do the results of this scan/test compare to my last one?
- What does this mean for me?
- Has my treatment had an effect on my cancer?
- Are these the kind of results you would expect for somebody like me, given my diagnosis and cancer stage?
- What are my next treatment steps based on these results?
- Are any parts of the scan/test unclear? Would an additional scan/test provide more information?
- Will there be any follow-up tests from this? Scans or otherwise?
- Do these results mean that I need to change any medications I am taking?
- Should I make any lifestyle changes based on these results?
- Can I check that I've understood what you've said? My understanding is that...
- Can I have a copy of these results, or a letter summarising them?
- Will these results (and any implications of them) be shared with my PCP/GP/family doctor?
- When will I need another scan/test?
- If I have follow-up questions after today, whom can I contact?
- Can you recommend any other groups or organisations if I need more support around these results later?

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## After your appointment

**After your appointment, it's important to review and consolidate what you have learned. You can also compare your notes with that of the person who you took with you.**

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**Date:** .....

**Appointment:** .....