



Questions to ask your healthcare team

Many people feel anxious when they've been diagnosed with cancer. Having a list of questions and bringing a family member or friend with you to your appointments can help.

After you've been diagnosed

At what stage is my cancer?

Has the cancer spread to other parts of my body?

What tests will I need to have? How long will the test (s) take?

What do I need to do to prepare for the test (s)?

When will I get the results?

What treatment (s) do you recommend?

Are there any other treatments I should consider?

What happens without treatment?

Do you know of any on-going clinical trials for my type of cancer?



Before you start treatment

Where will I have the treatment? When will treatment begin?

Will I need to stay in the hospital overnight to have my treatment? Can I drive to my treatments or should I have someone drive me home?

Are there any side effects?

What side effects am I most likely to have?

Are any of the effects permanent?

During your treatment

When will I see results from the treatment?

Who do I talk to about pain management or diet? Are there people on staff that can help me?

What can I do to manage the side effects?

What should I do if I have a fever? Who do I call? Is there an emergency number?

(Sudden changes to your health could include: breathing problems, increased pain, vomiting, diarrhea, bleeding that won't stop, seizures, swelling in your arms or legs)



Getting support

How do I tell my family and friends about my cancer?

What support is there for me? How can I meet people in the same situation?

Is there any kind of support available for my family and friends?

Will I be able to take care of myself or will I need help? Who can I talk to?

Can I have a glass of wine or beer?

Can I have sex?

Follow-up care

How often will I see the specialist after my treatment?

Should I see my family doctor for follow-up visits?

End-of-life care

What options do I have if the treatment is not successful?

If there's pain, how will it be managed and by who?



Will I be able to stay at home? How can I find out about services or programs that might help me?

What is a hospice? Is it an option?

This list is just a start. You'll probably have more questions to ask you healthcare team as you go along.

We're here to help

Trained information specialists at our *Cancer Information Service* take the time to answer your questions over the telephone and search for the information you need about:

- treatment and side effects
- pain management
- emotional support
- many other cancer-related issues

To contact the Canadian Cancer Society:

- Call us toll-free at 1 888 939-3333 Monday to Friday 9 a.m. to 6 p.m.
- E-mail us at info@cis.cancer.ca
- Visit our website at www.cancer.ca
- Contact your local Canadian Cancer Society office