

DISCUSSION GUIDE WITH YOUR DOCTOR

HOW TO PREPARE FOR YOUR APPOINTMENT



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As you navigate your journey from diagnosis through treatment, it's important that you and your care team work together to create the best treatment plan for you. Download and print this checklist as a reminder of some of the questions you may like to address, and keep it updated in between appointments.

Be sure to take notes as needed. You might also find it helpful to have a care partner (e.g., spouse, partner, adult child, friend, etc.) go along with you to your appointments to help take notes and ask questions. Remember, not all of these questions will be relevant for all appointments.

Date: _____



TIPS TO PREPARE FOR YOUR APPOINTMENT

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Keep a journal or record with a list of questions, thoughts and concerns you are having to share with your doctor during your appointment, including questions around the types of treatment available and when specific treatments are typically used, for example induction therapy, maintenance therapy, or second-line therapy. Make sure to put the questions that are most important to you at the top of your list so they are prioritized during your appointment.

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Write down a list of side effects (symptoms, changes or reactions) that you may be experiencing. This might include symptoms that have occurred during treatment, whether during induction therapy, maintenance therapy, or second-line therapy.

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Write down a list of all the treatments or medications you have already completed or are currently taking (e.g., chemotherapy regimens, radiation therapy etc.). This will help you remember to discuss them with your doctor.

If you have undergone induction therapy already, some of the medications that were used during initial treatment cycles may be continued during maintenance therapy; however, some may not based on how the treatment is designed to work over time, which is why it's important to keep a running list.

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Ask your caregiver to contribute questions prior to your appointment, especially those related to their observations of your well-being and, if you have already undergone initial treatment, those related to maintenance therapy. Please make sure to let your healthcare team know if financial and insurance issues are concerning you, including concerns around long-term costs of maintenance therapy; they may have resources to help.



TIPS TO PREPARE FOR YOUR APPOINTMENT (continued)

- ☐ If you can, compile any relevant test results from other healthcare professionals you may be seeing (e.g., cardiologist, primary care doctor, etc.) that might help inform your treatment plan. These results may be especially important when your doctor is considering maintenance therapy as part of first-line treatment. Your doctor's office may be able to help pull things together for you.
- ☐ Determine travel arrangements to and from your appointment and consider inviting your caregiver, a family member or friend to join you for support and to take notes.
- ☐ Based on the distance to your doctor's office and the duration of your appointment, consider bringing any necessary medication, snacks or water with you that you may need to take during a specific timeframe.
- ☐ Bring this discussion list, a notebook and a pen to write down notes from your conversation.
- ☐ It can be difficult to recall every detail of your conversation with the doctor. Ask in advance for permission to record your conversation with the doctor on a smartphone. Be prepared in advance to set this up and make sure your device is recording properly at the start of your appointment.
- ☐ Once your doctor visit is over, take some time to talk about how the appointment went with your care partner or family member. Good places to have this talk include the doctor's waiting room or in your car before leaving the parking lot.
- ☐ If new questions arise or symptoms worsen after you leave, don't wait for the next appointment. Call the doctor's office.
- ☐ Connect with support groups or patient advocacy organizations that support people undergoing maintenance therapy for SCLC if you feel overwhelmed or need additional resources.
- ☐ Remember that coming out of the appointment, it's important to understand what the next steps are.

When preparing for your appointment, it can help to have a clear set of questions ready. The list below moves from navigating diagnosis, to initial treatment and maintenance therapy, to deciding what treatment plan is right for you and how it might impact your daily life. The first set of questions pertains to SCLC in general, and the second set pertains to maintenance therapy. This order can make the conversation with your doctor flow more naturally and ensure you cover the most important points.

HELPFUL QUESTIONS TO ASK DURING YOUR APPOINTMENT



DIAGNOSIS

What is SCLC? What symptoms could I expect?

Has my cancer spread from the lungs?

Will I need any testing done before, during or after my treatment? If so, how often?

Are there any other types of doctors I should see?

Is there anything I need to think about regarding eating, exercise or other lifestyle issues?

Is there a social worker or navigator who can help with finding resources such as counseling, groups, transportation or financial assistance?

Are there any other important things to know about my disease?

HELPFUL QUESTIONS TO ASK DURING YOUR APPOINTMENT



TREATMENT

What are my treatment options?

What type of treatment do you suggest for me?

Can we discuss and set up goals for my treatment?

When will my treatment start? How long will my treatment last?

How often will I have to come into the office to get treated?

Will I be able to drive myself to and from treatment, or should I have someone else help me?

HELPFUL QUESTIONS TO ASK DURING YOUR APPOINTMENT



TREATMENT

What side effects should I expect from treatment? What can I do to cope with or reduce these side effects?

Are clinical trials an option for me? How can I find a clinical trial?

How will treatment impact my daily life? Will I be able to continue working or doing the things I like to do?

Are there any resources or support groups that you know of?

Who do I contact in the office when I need something or have a question?

What are my options if my treatment does not work or if my cancer comes back?



MAINTENANCE THERAPY

General – Understanding of Treatment

What is maintenance therapy, and how does it work for SCLC?

What is the goal of maintenance therapy? Why is it important for me?

What goals will we set for my treatment, and how will we measure success?



MAINTENANCE THERAPY

Timing and Duration

When would treatment start and how long would it last?

How often will I need to come in for my treatment?

Will I be able to drive myself?

Impact on Life

How might this affect my daily routine, including work and hobbies?

Will this have any impact on my diet or exercise habits?



MAINTENANCE THERAPY

Side Effects and Management

What side effects should I expect, how can I manage them, and will they differ from my induction therapy?

If Things Change

What happens if my treatment stops working?

What happens if I can't tolerate the treatment?

What is the chance of recurrence after therapy, and what would the next steps be if that happens?

AFTER YOUR APPOINTMENT:

You may think of new questions or concerns after meeting with your doctor. Be sure to write these thoughts down so that you or your caregiver can remember to ask them during your next appointment

Additional Notes