

DOCTOR'S DISCUSSION GUIDE:

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. People also find it helpful to have a care partner (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

- Keep a journal or notebook with a list of questions, thoughts and concerns you are having to share with your doctor during your appointment. Make sure to put the questions that are most important to you at the top of your list.
- Write down a list of side effects (symptoms, changes or reactions) that you may be experiencing. This will help you remember to discuss them with your doctor.
- Ask your caregiver to contribute questions prior to your appointment. If your caregiver is unable to join you, consider asking them to add their questions to your list.
- Please make sure to let your healthcare team know if financial and insurance issues are concerning you; they may have resources to help.
- If you can, compile any relevant test results from other healthcare professionals you may be seeing (e.g., cardiologist, primary care doctor, etc.). Your doctor's office may be able to help pull things together for you.



TIPS TO PREPARE FOR YOUR APPOINTMENT (continued)

- 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. Please note: due to COVID-19, there may be restrictions against having additional family members present.

- Based on the distance of 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.

HELPFUL QUESTIONS TO ASK DURING YOUR APPOINTMENT



DIAGNOSIS

What is SCLC? What symptoms should I expect? _____

Has my cancer spread from the lungs? _____

What are some important things to know about my diagnosis? _____

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

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

HELPFUL QUESTIONS TO ASK DURING YOUR APPOINTMENT



TREATMENT

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

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

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

HELPFUL QUESTIONS TO ASK DURING YOUR APPOINTMENT



TREATMENT

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? _____
