



# Questions to ask your treatment team

Cancer treatment can feel daunting, and it's normal to have questions or feel unsure about what to ask your care team.

Having the right information can help you feel more confident and involved in your care. These questions are designed to guide conversations with your treatment team and help you understand the next steps ahead.

## Understanding your diagnosis



- Can you explain my cancer type and stage to me in clear language?
  - Is this type of cancer likely to spread, if so, how quickly/slowly?
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## Treatment options



- What are the treatment options available for my type of cancer?
- What type of treatment do you recommend and why?
- Will I need more than one type of treatment?
- How does the recommended treatment compare with other types of treatments available? Is it successful for my type of cancer?
- Are there any clinical trials available for my type of cancer?
- Does treatment start immediately? When do I need to decide?
- Will I have any side-effects? What are these likely to be?
- What happens if my treatment doesn't work, are there other options available for me?
- Where will my treatment take place?
- How long will each treatment session take?

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## Practical considerations



- How will treatment affect my daily life?
- What adjustments do I need to make at home for my family?
- Can you recommend the best support groups or local service providers to assist me?
- Where can I send my family and loved ones to help them get a better understanding of my diagnosis?
- Do I need to change my diet?
- Do I continue taking my current medications and supplements?
- Can I still exercise?

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## Getting help



- Who do I contact if I need help, including nights and weekends?

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Print this document to take with you to your next appointment