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## GETTING STARTED

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### *Getting Started Questions Worksheet*

If you are getting started on chemotherapy, make sure you can answer these questions. If you can't, call your doctor or another member of your care team, or bring this worksheet to your next appointment. Remember, you have a right to know.

Take time to ask all the questions, until you have an answer on every line.

## GETTING STARTED

- What is the goal of my treatment?

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- What is the best way to treat my stage and type of cancer?

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- How successful can I expect this treatment to be?

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- Are there other treatment options? If yes, what are they?

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- Why have you chosen this treatment plan for my cancer?

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- If I choose not to have this treatment, what will happen?

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- How will I feel during treatment?

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- If pain is involved, how can I prevent or relieve it?

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## GETTING STARTED

- How long will my treatment last?

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- What kinds of changes in my daily life will I have to make while I'm going through these treatments?

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- Will I be able to continue to work?

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- How will you know the treatment is working?

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- What side effects should I expect?

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- What can I do before starting treatment to help prevent side effects?

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- What can I do during treatment to help prevent side effects?

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- Are there any medications I can take to manage chemo side effects?

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- What side effects should I report to you right away if they occur?

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- Will all side effects go away when the chemotherapy is completed?

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- Are there changes I should make to my diet? Can I drink alcohol?

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- Will the treatment make me lose my hair? If so, will it grow back?

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- Is there a chance that, once treated, the cancer will come back? How will I know if it does?

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- How often, and for how long, will I have to see a doctor for follow-up visits?

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- As a person living with cancer, are there services I can find in the hospital and the community (ie, counseling, support groups, educational meetings, etc)?

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- If I need emotional or professional support, can you provide me with a list of therapists or support groups?

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- What will the treatment cost? If I have trouble paying, can I get help?

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