



**PREPARING FOR YOUR FIRST VISIT WITH
YOUR ONCOLOGIST: A CHECKLIST FOR PATIENTS**



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Facing a diagnosis of cancer can be a stressful experience for patients. At the Center for Cancer Care at Nashoba Valley Medical Center, our goal is to help make your experience as informative and comfortable as possible. To help guide you, we are providing you with a checklist of things to bring to your appointment with your doctor.



Important information for your evaluation:

- Your personal and family health history
- Identification and insurance card
- Your medical history, including surgeries or procedures you may have undergone
- Medications and any allergies
- A list of specific questions you want to go over with your physician

The following items should be sent to us from your referring physician prior to your visit with us:

- Operative reports
- All X-rays and CDs
- Pathology reports and slides (actual glass slides)

Questions to ask your doctor:

- What is the meaning of my diagnosis? What information do we currently have and do we still need to obtain more information?
- What are the different treatment options?
- Are there alternatives for treatment?
- What are the differences in risks and benefits of the options?
- How do these options have an impact on my overall health?
- Do I need other tests or consultations before treatment begins?
- Are there other treatments I might need, i.e. radiation?
- What side effects may I experience from the treatment?
- When can I resume normal activities?
- When can I go back to work?
- Who should I contact with further questions?