

# Questions to Ask Your Healthcare Team

## Print this checklist to bring to your next appointment.

If you've been diagnosed with colon or rectal cancer, having an open conversation with your doctor is important. Below is a list of questions that may help you learn more about your condition and treatment options. Share this list with anyone accompanying you on your visit.

### About colon and rectal cancer:

- Do I have any of the risk factors that would make me likely to develop colon and rectal cancer?

Notes: \_\_\_\_\_

- If I have any of the risk factors, are there any changes I can make to minimize my risk?

Notes: \_\_\_\_\_

- Should I have any of the tests that would screen me for colon and rectal cancer?

Notes: \_\_\_\_\_

- What are the signs and symptoms that I should be aware of?

Notes: \_\_\_\_\_

- How often should I get a colonoscopy?

Notes: \_\_\_\_\_

### About diagnosis:

- What are the tests that I'll need to determine what stage my cancer is in?

Notes: \_\_\_\_\_

- What other doctors will I need to see?

Notes: \_\_\_\_\_

- Will I be able to have at least 12 lymph nodes sampled to help determine my staging and treatment options?

Notes: \_\_\_\_\_

### About treatment:

- Based on the stage of my disease, what is your recommended treatment option?

Notes: \_\_\_\_\_

- How long will I have to undergo the treatment?

Notes: \_\_\_\_\_

- How long does each course of the treatment take?

Notes: \_\_\_\_\_

- What are the benefits of this treatment?

Notes: \_\_\_\_\_

- What are the potential side effects of this treatment?

Notes: \_\_\_\_\_

- Is combination chemotherapy a treatment option that is appropriate for me?

Notes: \_\_\_\_\_

- If I decide to receive combination chemotherapy, what is my chance of remaining disease-free?

Notes: \_\_\_\_\_

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## About treatment (cont'd):

- If I decide not to receive combination chemotherapy, what is my chance of remaining disease-free?

Notes: \_\_\_\_\_

- Are there any "high-risk" features of my tumor that make it more important for me to consider combination chemotherapy?

Notes: \_\_\_\_\_

- Is a clinical trial appropriate for my situation?

Notes: \_\_\_\_\_

## About chemotherapy:

- What is chemotherapy?

Notes: \_\_\_\_\_

- How is chemotherapy given?

Notes: \_\_\_\_\_

- What can I expect from my therapy?

Notes: \_\_\_\_\_

- How long will I be on chemotherapy?

Notes: \_\_\_\_\_

- How will I feel during chemotherapy?

Notes: \_\_\_\_\_

- How will I know if the treatment is working?

Notes: \_\_\_\_\_

- What are the side effects, and how long do they last? (Be sure to discuss any side effects you experience with your doctor.)

Notes: \_\_\_\_\_

- What are my chances for remission or for a longer life?

Notes: \_\_\_\_\_

## About managing treatment:

- Is there any way I can anticipate what my chemotherapy side effects will be?

Notes: \_\_\_\_\_

- What happens if my side effects prevent me from taking my medications?

Notes: \_\_\_\_\_

- What can I do to help prevent the fatigue I may experience?

Notes: \_\_\_\_\_

- Will I lose my hair as a result of my chemotherapy?

Notes: \_\_\_\_\_

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