

## Questions to ask - Going to meet your doctor

A cancer diagnosis can be a worrying and daunting time for any patient and their loved ones. Your journey will be as individual as you are.

At such a sensitive time it can be hard to get your head around it all, so remember you're fully supported by a team of medical professionals who will collaborate closely to help you on your journey inside the hospital walls, as well as a dedicated team of nurse specialists to enhance your recovery.

If you or someone you care about has been diagnosed with Oesophageal Cancer, you will more than likely have questions for your doctor to understand your diagnosis and treatment options. It may feel overwhelming to think through the specific questions you have so this resource will hopefully help you in preparing to meet with your doctor.

Your doctors are the best people to speak to about the specific questions you have, they will be able to provide you with as much information as they can and what the plans are for next steps and treatment options. They will also be able to help you understand your Oesophageal Cancer diagnosis based on your individual situation as every person's situation is different.

It is important to think carefully about how much information you would want to receive when meeting your doctor. You might want to wait until your next meeting to ask further questions. You may want to ask a family member or friend to go with you to the meeting for support.

This list of questions may help you get started in preparing for your meeting with your doctor:

1. Who will lead my treatment
2. Could you tell me more about my cancer diagnosis where is the cancer located
3. Are there any further tests and assessments that I will have to have
4. Can you explain the tests I will be having
5. Do you know the stage of my cancer, could you explain this to me
6. What are my treatment options
7. Who else will be involved in my treatment
8. Where will I have my treatment
9. Is there anything I can do to prepare for my treatment
10. How long can I expect to wait before treatment starts
11. What are the side effects of the treatment that I will have
12. How will the side effects be managed
13. How will treatment affect my daily activities/ family/ work/



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14. Are there any further supports you recommend for me to explore to cope with my diagnosis/get further help/ get advice
15. What can I do if I have any more questions who should I contact and how should I contact them