

Taking control of your cancer care

Four **T.I.P.S.** to improve your care



Team



Involvement



Plan



Support

Be informed and get involved in decisions about your care

Throughout your cancer treatment you may need to make choices about your care. To help you learn more about your diagnosis and treatment options below is a **list of questions to ask your doctor**.

About your cancer

- What type of cancer do I have?
- Has the cancer spread?
- Is it possible to cure or control my cancer?
- What support services can I access?
- When do I see you again?

Notes

Having tests

- Will I need to have more tests?
- What will these tests cost?
- Why are the tests important?
- Will the results make a difference to my care?
- Will you tell me the results of the tests?

Notes

Multidisciplinary team meeting (MDT)

- Will my case be presented at an MDT?
- How will I know what happened in the MDT?
- Will my GP be told the outcome of the MDT?

Notes

Treatment choices

Notes

- What treatment do you recommend?
- Where will I receive treatment?
- Can I have treatment near home?
- How much will treatment cost?
- Is there any other type of treatment I could have?
- Will the treatment cure my cancer?
- What are the possible side effects?
- How often do I need to have blood tests?
- How long will I be having treatment?

Clinical trials

Notes

- Are there any clinical trials suitable for me?
- Who do I speak to about clinical trials?
- How often do I need to have blood tests?
- How long will I be having treatment?

Having treatment

Notes

- Can I bring someone with me when I have treatment?
- Will I receive any education about my treatment?
- Will I be able to catch public transport after treatment?
- Can I travel to treatment on my own?
- Can I take vitamins and supplements while on treatment?
- Do I need to be on a special diet?
- Are there any foods I shouldn't eat?

Practical questions

Notes

- Will treatment affect my ability to have children?
- Can I have sex while on treatment?
- Could the treatment I have contaminate or harm my family while I am on treatment?
- Can I continue to work while having treatment?

What if

Notes

- Who do I contact if I have a problem?
- What happens if the treatment doesn't work?
- Are there nurses and other health professionals who can help me?
- What do I do if my family or I are not coping or managing well?