

How to Have a Better Conversation With Your Doctor

Discussing treatment options can be overwhelming. You may find it helpful to have the questions you want to ask with you when you meet with your doctor. This guide can prepare you to talk with your doctor about what treatment might be right for you.

1. BEFORE YOUR APPOINTMENT

Make a plan. Write down things you want to talk about, and highlight the ones that are most important. You may also find it helpful to ask a friend or loved one to go to the appointment with you for moral support and as a second set of ears.

2. DURING YOUR APPOINTMENT

Keep your focus. This is about your body and your health. You have the right to ask questions and to get answers that you can understand. There is a lot of information to cover, but just remember that there are 3 important things to know by the end of your visit:



Why this treatment



How it works



What to expect

Sometimes it can feel uncomfortable asking questions or having your doctor repeat something. Remember, your doctor wants you to get the most out of your appointment, too. Here are some examples of the types of questions to ask.

- What information do you consider when choosing a treatment to recommend?
- How will I receive treatment?
- How often will I get each treatment, and how much time will each treatment take?
- How long will I be on treatment?
- Where will I get treatment?
- What are the possible side effects of treatment?
- How might I feel while I'm on treatment? Will I be able to work? Can I still care for my family?
- How will I know if the treatment is working?
- After being on this treatment, will I be able to get other treatments?

3. AFTER YOUR APPOINTMENT

Review what you learned. Can you complete each of the following statements? If someone went to the appointment with you, then it may help to talk about what each of you heard. Explaining what you learned to someone else is another good way to make sure you understand what was discussed.



This treatment was chosen for me because _____



It works by _____



I can prepare for treatment by _____

4. NEXT STEPS



Do you still have questions? Write them down, and call your doctor to get the answers you need.
