Whether you’re just starting, continuing, or finishing treatment, it can be difficult to process all of the information provided to you. Your doctor is a good resource for answering questions about cancer treatment and may be able to direct you to helpful support.

USE THIS GUIDE TO HELP MAKE A PLAN

• First, choose 1 of the 4 time frames below. Each time frame focuses on a particular need (practical, physical, emotional), but covers questions for all.

• Next, read the questions and mark the ones you’d like to discuss with your doctor at your next appointment. These may not be all the questions you have. Use the blank lines to add questions or notes.

• Explore the other time frames. You’ll find questions there that may help further guide the conversation as your needs change.

How long have you been on your current treatment?

1 MONTH

2–6 MONTHS

6+ MONTHS

I’M FINISHED

Pages 2–3

Pages 4–5

Pages 6–7

Page 8

Use the Symptom Tracker to record how you feel each day, then take it to your next appointment. Be sure to talk with your doctor about any questions or concerns you may have.

CAREGIVERS: Help Make a Plan

Going with your loved one to doctor visits may be a way you can provide support for them. Use this guide to help plan what to discuss at their next visit.
WHAT TO DISCUSS
Starting a New Treatment

PRACTICAL NEEDS

You may have questions about how treatment impacts your everyday life. When you speak up, you take an active role in your own care. Here are some things to discuss with your doctor.

Mark the questions you’d like to ask. Use the lines below to write additional questions or notes.

- How often will I have appointments, and how long will they take?
- Should I plan my treatment appointments on days when I don’t have other plans?
- Will I be able to drive myself home after treatments?
- For after-hours questions, who should I contact, and how can I contact them?
- Are there resources I can use if I need help paying my medical bills?
- Will I be able to continue to do the day-to-day things I have always done?
- How do I talk to my loved ones about my treatment?
- How long should I expect to be on treatment?

Please see the following page for questions addressing physical and emotional needs.

WHO CAN I TURN TO FOR HELP?

Patient navigators educate patients. They connect you to support services, schedule doctor visits and tests, and talk with you about planning ahead or next steps.

Financial navigators help patients understand out-of-pocket costs, health insurance coverage, and manage stress associated with costs of treatment.

Ask your doctor about who else may help with your practical needs.
Everyone’s body responds differently to treatment. What you’re able to do and how you feel may change from day to day. Talk to your doctor about what you should expect.

Mark the questions you’d like to ask. Use the lines below to write additional questions or notes.

- What are some symptoms I may experience while on treatment?
- How could my cancer symptoms and treatment side effects differ?
- Can I do the same physical activities I’ve been doing?
- How can I best prepare for treatment?
- Are there any symptoms or side effects I should tell you about immediately?
- Are there resources for times when I need help managing symptoms such as fatigue?
- Am I taking this treatment in combination with other treatments?

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Having cancer can be an overwhelming life event. It’s important to talk to your doctor about how you’re feeling.

Mark the questions you’d like to ask. Use the lines below to write additional questions or notes.

- How could treatment affect my mental and emotional well-being?
- Are there some things I can do to feel more prepared for my treatments?

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You are encouraged to talk to your doctor about any new or unusual symptoms. Getting medical treatment right away may help keep problems from becoming more serious.

Mark the questions you’d like to ask. Use the lines below to write additional questions or notes.

- How will I know if the treatment is working?
- What can I do to lessen symptoms such as fatigue, diarrhea, and nausea?
- What physical changes can I expect?
- What foods could impact how I feel during treatment?
- What changes could I make in my daily life to feel better?
- Can we discuss my test results so I can better understand them?

Please see the following page for questions addressing emotional and practical needs.

**WHO CAN I TURN TO FOR HELP?**

**Oncology nurses** help care for you throughout treatment. They talk to your doctors about your specific needs, check your physical condition, and more.

**Dietitians** can create a specific meal plan based on your cancer type, treatment, and food needs.

Ask your doctor about who else may help with your physical needs.
EMOTIONAL NEEDS

No topic is off-limits when it comes to your health. Talk to your doctor about any concerns you may have.

Mark the questions you’d like to ask. Use the lines below to write additional questions or notes.

- Is there a way I can manage my worry before each appointment?
- How can I manage the emotional ups and downs of living with cancer?
- Who can I talk to when I’m feeling really overwhelmed?
- Are there ways I can better manage negative thoughts before they get out of hand?

PRACTICAL NEEDS

Write out any challenges you’re facing. Your doctor may be able to suggest resources and support options.

Mark the questions you’d like to ask. Use the lines below to write additional questions or notes.

- Who could help if I have trouble getting a ride to appointments?
- Are there resources to help cover treatment costs?
WHAT TO DISCUSS

Looking Forward

EMOTIONAL NEEDS

Having cancer can be overwhelming. Talk to your doctor about how you’re feeling. They may be able to help you find the resources to cope with challenges.

Mark the questions you’d like to ask. Use the lines below to write additional questions or notes.

- What are some ways I could better manage the worry and stress I feel?
- How can I cope with changes in my relationships?
- How do I talk with my family about what I’m going through?
- What patient support groups are available where I can talk about my feelings?
- Do you know of ways to keep calm before appointments and tests?
- Who can I talk to about all the feelings I’m having?

Please see the following page for questions addressing practical and physical needs.

WHO CAN I TURN TO FOR HELP?

Social workers provide support for your day-to-day, financial, and emotional needs. They also can refer you to support groups and other helpful resources.

Psychiatrists are doctors who prescribe medication and provide counseling for mental, emotional, and behavioral issues that may come up during treatment.

Ask your doctor about who else may help with your emotional needs.
Don’t worry about asking too many questions or saying something that feels awkward. This is your body and your health. You have every right to ask questions and get answers.

Mark the questions you’d like to ask. Use the lines below to write additional questions or notes.

- If I can’t work anymore, could I get help paying bills?
- What resources are available that may help with my daily needs?
- Where can I find support organizations?
- How do I talk to my employer about what I’m going through?

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PHYSICAL NEEDS

It’s important to be open and up-front about your symptoms. Becoming better informed will allow you and your health care team to work together to make a decision that’s right for you.

Mark the questions you’d like to ask. Use the lines below to write additional questions or notes.

- How will my symptoms change over time?
- Are there things I could do to make my overall health better during treatment?

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WHAT TO DISCUSS
Finishing Treatment

Completing treatment can bring with it feelings of happiness as well as worry. Asking questions about what to expect after treatment ends may help.

Mark the questions you’d like to ask.

PRACTICAL NEEDS

☐ Why are you recommending that I stop this treatment?
☐ Which doctor(s) should I see after treatment? And how often?
☐ What information and resources are available to help me?

PHYSICAL NEEDS

☐ Who should I tell if I have symptoms that worry me?
☐ What, if any, tests or scans will I need post-treatment?
☐ Does it mean my cancer is back if I experience symptoms?

EMOTIONAL NEEDS

☐ Will I ever feel like myself again?
☐ How do I learn to accept the changes to my body?
☐ Who can I talk to about managing my fear that cancer will come back?

Use the lines below to write additional questions or notes.
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Months 6+

Merck Oncology
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