

APPOINTMENT NOTES SHEET

A simple printable sheet for cancer appointments, treatment reviews, scan results, and follow-up conversations

Why this sheet exists

Appointments can move quickly. You may wait weeks for one, then feel like everything happens in twenty minutes. This sheet gives you one place to capture what was said, what you understood, and what happens next.

Appointment details

Date

Time

Hospital or clinic
Doctor, nurse, or specialist
seen

Reason for appointment

This appointment was about

■ Diagnosis ■ Scan results ■ Blood results ■ Treatment planning
■ Treatment review ■ Side effects ■ Medication ■ Follow-up ■ Something else

What was discussed?

Main points from the appointment

Words or terms I did not fully understand

Results or updates mentioned

Blood results

Scan results

Biopsy results

Treatment response

Medication changes

Other

Questions I asked

Question

Answer

Question

Answer

Question

Answer

Question

Answer

What happens next?

Next appointment date

Next scan or test

Treatment start date or next
treatment date

Medication or prescription
changes

Phone call or follow-up
expected

Who will contact me

What I need to do before the next appointment

Questions I still need to ask

Sometimes you only realise what you wanted to ask after you leave. Write those questions here for next time.

What I understood

What I think they told me

What I feel clear about

What I need explained again

What I am worried about

Important contact details

**Main contact from this
appointment**

Department

Phone number

**Email, if given
Best time or method to contact
them**

Out-of-hours instructions

Emergency instructions

A note about safety

This sheet is not medical advice. Always follow the advice of your medical team. If you have severe, sudden, frightening, or worsening symptoms, contact your medical team, out-of-hours service, emergency department, or local emergency number.

**The appointment takes an hour.
The waiting takes everything else.**

Version 1.0 | Free Support Library | Not medical advice