

WHEN YOU DO NOT KNOW WHAT TO ASK

A calm questions sheet for your next cancer appointment

Why this sheet exists

People often say, "Write down your questions." But when your head is full, even that can feel difficult. You do not need fifty questions. Start with the ones that help you understand what is happening now and what happens next.

What I have been told so far

Cancer type, if known

Stage or grade, if known

Where it is, if known

Tests already done

Tests still waiting

Treatment mentioned

Next appointment

Main contact or department

10 questions to bring with you

- What type of cancer do I have?
- Has it spread anywhere else?
- What stage or grade is it?
- What treatment are you recommending first?
- What is the aim of this treatment?
- What side effects should I expect?
- What symptoms should I report immediately?
- Who do I contact if I am worried between appointments?
- What happens after this appointment?
- Is there anything I need to do before treatment starts?

Questions I want to add

During the appointment

You are allowed to ask for simpler language. You are allowed to ask for something to be repeated. You are not being difficult. You are trying to understand your own life.

What they told me

What happens next?

Next appointment

Next test or scan

Next treatment step

Medication changes

Who will contact me

What I need to do next

What I need explained again

A note about safety

This sheet is not medical advice. Always follow the advice of your medical team. If something feels urgent, contact the appropriate medical service rather than waiting for the next routine appointment.