YOUR FIRST FOLLOW-UP AFTER TREATMENT

What to bring, what to notice and what not to expect yourself to remember

The first follow-up appointment after treatment can feel very different from the appointments that came before it.

Treatment may have finished, but you may still have questions about recovery, side effects, scans, medication, work, exercise, sleep, pain, fatigue or what happens next.

The difficulty is that a lot of those questions disappear the moment you sit in the room.

This page is simply a preparation sheet.

BEFORE THE APPOINTMENT

Write down the three things you most want clarity on.

1. _____

2. _____

3. _____

Do not try to create the perfect list.

Three real questions are more useful than twenty questions you feel you should ask.

WHAT HAS CHANGED SINCE TREATMENT ENDED?

Physical changes I want to mention:

_____

Energy or sleep changes:

_____

Mood, anxiety or concentration changes:

_____

Medication or side-effect questions:

_____

Work, movement or day-to-day problems:

_____

PRACTICAL QUESTIONS YOU MAY WANT TO ASK

Choose only what applies to you.

• What does follow-up look like from here?

• When should I expect my next appointment, test or scan?
• Who do I contact between appointments if something concerns me?
• Are there treatment effects that may take longer to settle?
• Is there anything you specifically want me to monitor or keep a note of?
• Are there rehabilitation or support services that may be useful for me?
• Is there anything I should discuss with my GP as well as the oncology team?

BRINGING SOMEONE WITH YOU

You may not need anyone with you. But if appointments are stressful, another person can help listen, remember what was said and notice the question you forgot to ask.

You can tell them beforehand:

“The main thing I need you to help me remember is…”

_____

AT THE END OF THE APPOINTMENT

Before you leave, try to make sure you know:

• what happens next
• roughly when it happens
• who you contact if you have a concern before then

If something is unclear, it is reasonable to say:

“Can I just check that I have understood the next step correctly?”

AFTERWARDS

You do not have to process everything immediately.

Write down the key outcome in one sentence:

_____

Then write down the next practical step:

_____

That is enough for today.

ONE THING TO REMEMBER

A follow-up appointment is not a test of how well you understand cancer.

Your job is not to sound informed. Your job is to leave with the clarity you need.

Between Appointments™ provides lived-experience support and practical orientation. It does not replace medical care or provide individual medical advice.