HOW TO PREPARE FOR A MEDICAL CONSULTATION?
TIPS & QUESTIONS TO ASK YOUR DOCTOR

THINGS TO DO BEFORE THE CONSULTATION

- Ask a relative, friend, partner, carer or advocate to accompany you to your appointments
- Make a list of questions you would like an answer to
- Make a list of all medicines and pills you take, including vitamins and supplements
- Write down details of your symptoms, including when they started and what makes them better or worse

THINGS TO REMEMBER DURING THE CONSULTATION

- Do not be afraid to ask your doctors to repeat and/or clarify anything they say
- Ask if you can record consultations on your smartphone
- Ask a family member to take notes for you

THINGS TO DO BEFORE YOU LEAVE THE CONSULTATION

- Check you have asked all the questions on your list
- Know what the next steps are
- Ask who you can contact if you have any problems or further questions
- Ask for reliable sources of information about your disease and treatment options

THINGS TO DO AFTER THE CONSULTATION

- Keep all your notes safe - in case you ever need to refer to them
- Book dates for the next appointments in your diary
- Discuss the results of the consultation with your loved ones

IT’S YOUR CONSULTATION!

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