

Patient Navigation in Cancer Care

Guiding patients to quality outcomes™

How to Ask Your Doctor Questions About Cancer

What your doctor or nurse wants you to know.

Your cancer care team wants you to know and understand everything you can about your cancer care. If you don't know something, you should always ask your doctor or nurse.

To receive the best care possible, it is important for you to ask them the following 4 questions at every visit.

- What is my main problem?
- What do I need to do while I am here?
- What do I need to do when I go home?
- Why is it important for me to do this?

You shouldn't be embarrassed to ask your doctor or nurse questions. Even if they seem busy, they want you to ask for any help you feel you need.

You can talk to a number of people on your health team. You can talk to a doctor, a nurse practitioner, a nurse, a physician assistant, or a social worker. If you don't know who to ask or how to ask, your patient navigator can help you figure it out.

Get ready in advance.

You can prepare before going to your next doctor visit by:

- making a list of your health concerns and questions before the visit
- taking a friend or family member to help or support you
- making a list of any side effects you're having
- bringing a list of medicines (or the medicines themselves) you are taking to your appointment, including vitamins or dietary supplements

Ask twice if you need to.

Cancer care can be confusing. Lots of people have questions. And not everyone understands the answers the first time. It's okay to ask again. You might say, "This is so new to me. Will you please explain it again?"

Get more help.

Talk to your patient navigator if you need more help in thinking of questions to ask your doctor or nurse.

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