

## Treatment-planning visit: questions to ask

Once your diagnosis is confirmed, the treatment-planning visit is where decisions get made. *Use these questions as inspiration. Bring your own list. Take a partner who can write while you listen.*

### ABOUT THE TREATMENT PLAN

1. What treatment regimen do you recommend, and why this one?

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2. What is the goal — cure, remission, control, comfort?

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3. What are the alternatives, and what are their trade-offs?

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4. Should I get a second opinion before starting? If yes, where?

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5. Are there clinical trials I should consider for my specific case?

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### ABOUT CHEMO, PORTS, AND INFUSIONS

1. What drugs are in the regimen, and how often will I get them?

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2. Will I need a port, PICC line, or central catheter? When is it placed?

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3. What pre-medications will I need on infusion days?

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4. What are the most-likely side effects, and what helps each one?

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**BRING WITH YOU**

- A partner or trusted friend to take notes
- Your full medication and supplement list
- Pathology / biopsy reports
- Prior imaging on disc or via portal
- A notebook and a pen (or this sheet)
- Any second-opinion records you've gathered

**ABOUT FERTILITY, TIME-SENSITIVE CHOICES**

1. Will this treatment affect fertility? How urgent is preservation?

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2. Do I need to see a reproductive endocrinologist before starting?

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3. Is there time to bank eggs / sperm / embryos?

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**ABOUT LOGISTICS**

1. Will I be able to work? Drive? Live alone? Care for kids?

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2. How will I feel on infusion days vs. between?

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3. Who do I call after hours, and what counts as urgent?

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*This sheet is for inspiration only. Always consult your medical team for guidance specific to your situation. Inspired Comforts is not a medical provider.*

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