

## Just-diagnosed: questions to ask your oncologist

These are questions real patients describe wishing they had asked at their first oncology appointment. *Use them as inspiration. Bring your own list. The right question is the one that matters to you.* Print this page, write your answers in the lines, and bring a partner or friend to take notes if you can.

### ABOUT THE DIAGNOSIS

1. What is the exact name of my diagnosis, including type and subtype?

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2. What stage is it, and what does that mean for my situation?

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3. What does the pathology report tell us about the tumor (markers, grade, receptor status)?

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4. Are there other tests I still need (genetic, imaging, biopsy)? When?

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### ABOUT TREATMENT OPTIONS

1. What are my treatment options, and what is the goal of each?

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2. What treatment do you recommend for me, and why?

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3. Are there clinical trials I should consider?

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4. Should I get a second opinion? How do I do that?

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5. What are the side effects, both short-term and long-term?

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#### WHAT TO BRING TO THIS APPOINTMENT

- A partner or friend, ideally someone who can take notes while you listen
- This sheet, printed, with space to write
- A list of every medication, supplement, and over-the-counter you currently take
- Insurance card and ID
- A notebook or audio recorder (ask permission to record)
- Any prior imaging, biopsy, or pathology reports if not already shared

#### ABOUT TIMELINE

1. When does treatment start, and how long will it last?

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2. How often will I have appointments, and how long is each one?

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3. What does a typical treatment day look like?

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4. When will we know if treatment is working?

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#### ABOUT LOGISTICS AND LIFE

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

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2. What restrictions will I have during and after treatment?

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3. Will I need a port, PICC line, or central catheter?

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4. Should I see anyone else now (fertility, dental, mental health)?

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**ABOUT SUPPORT**

1. Who is on my care team — and who do I call for what?

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2. Is there a social worker, financial counselor, or patient navigator I can talk to?

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3. Are there local or online support groups you recommend?

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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.*

By the Inspired Comforts editorial team · [inspiredcomforts.com](https://inspiredcomforts.com)