



Doctor Discussion Guide

Prepare now for the next step with your doctor

Preparing for your next appointment

Fill out the information below before your next appointment. Doing so can help you and your doctor have detailed conversations about how you're feeling and what's important to you. Everyone's prostate cancer is different. The more your doctor knows about you, the better he or she can make decisions that are right for you.

▶ Write down any symptoms you're experiencing or any changes in your day-to-day life.

Symptoms/changes:

Impact they've had on you:

_____	_____
_____	_____
_____	_____
_____	_____

▶ Write down things that are important to you in your day-to-day life. These can include activities you enjoy and your daily responsibilities or job.

▶ Check the treatment considerations that are most important to you.

How you feel day-to-day

Cost

How often it's taken

How it's taken

Possible side effects

Other: _____



Make the most of each appointment

- ◆ Keep a list of questions
- ◆ Take detailed notes, or have your caregiver do so
- ◆ Don't be afraid to say or ask what's on your mind



Questions to ask your doctor at your next appointment

These questions can help you and your doctor best manage your prostate cancer and prepare for the next step.

- ▶ **What do the results of my previous test(s) mean? Do I need any additional tests to help monitor my prostate cancer?**

- ▶ **What can we do to prepare in case my prostate cancer progresses in the future?**

- ▶ **How well is my treatment working to slow the progression of my prostate cancer?**

- ▶ **What treatment options are available if my cancer progresses?**

- ▶ **Based on the things that are important to me, which future treatment option(s) may be right for me?**

After your appointment

- ◆ **Schedule your next appointment and any tests or scans before leaving the office**
- ◆ **Continue to keep track of any symptoms you may be experiencing**

Go to KnowYourProstatePlan.com to learn more about working with your doctor to prepare for the next step.

