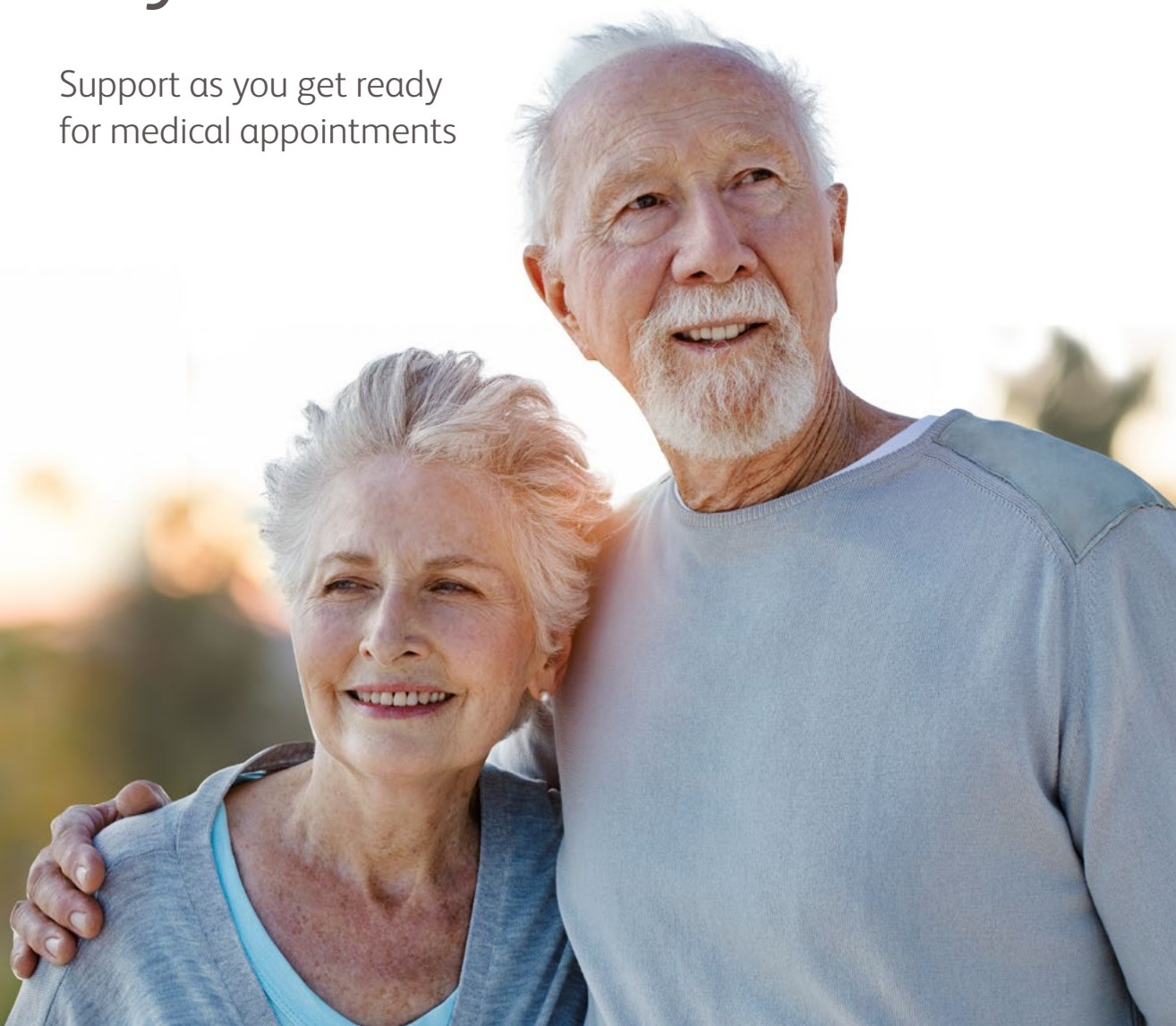




Preparing for My Treatment

Support as you get ready
for medical appointments



Pretreatment Checklist



Put a check mark next to each item on the list once you have the item on hand.

Things I should have on hand before treatment begins:

Thermometer

I should contact my doctor right away if my temperature goes higher than 100.4 °F, which can be a sign of infection.

Foods that may be easy on my stomach, such as:

- Clear broth (chicken, beef, or vegetable) and clear soda (such as ginger ale)
- White bread, white rice, potatoes, pasta, noodles
- Crackers and pretzels
- Oatmeal, Cream of Wheat® or Cream of Rice® cereals
- Chicken (broil or bake without the skin)
- Fresh bananas, canned fruit
- Ice pops, sherbet, Jell-O®. People known to have diabetes or other dietary restrictions should check with their doctors to see whether these foods are appropriate

Hats to help protect my scalp from the sun

Lip balm

A soft toothbrush

Body lotion

Gloves for working in the kitchen and the yard

Other _____

Other _____

I want to make arrangements to have someone:

Drive me to my first treatment and stay with me while I am there

Go with me to follow-up healthcare visits

Help me with:

- Grocery shopping
- Child, elder, or pet care
- Car pool
- Errands and chores

Other _____

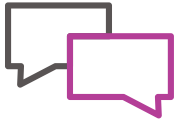
Other _____

Other _____

You may want to share this list with your doctor. He or she may suggest other items to include on the list.

Talking With Your Doctor

Before treatment begins, you and your doctor need to share some key information with one another.



Things you should tell your doctor before treatment starts

- Be sure to tell your doctor about:
 - Your current health
 - Future plans
- Tell your doctor about all of the medicines you take. These include:
 - Prescription medicines
 - Nonprescription medicines, or over-the-counter medicines
 - Vitamins
 - Herbal supplements
- Let your doctor know how you are feeling physically and emotionally
 - Are you having symptoms now?
 - How are you feeling about starting treatment?
What are your concerns?



Information your doctor should share with you

You have a right to know what to expect from treatment. There are some side effects that were reported by people who were in clinical trials for your treatment. Be sure to have your doctor explain these side effects to you.

- Your doctor should let you know:
 - What you can expect to happen over the course of your treatment
 - How, when, and where you will receive your treatment
 - How you will know whether your treatment is working
 - What side effects you may experience during treatment and ways your healthcare team may help you cope with them

For more information, please speak with your doctor.

Working closely with your healthcare team can help you get the best possible care and the support you need. Let your team know how you are feeling. Ask questions, voice your concerns.

Your team is always there to help you.

Questions for My Healthcare Team



Put a check mark next to each question you want to ask your doctor.

You can add other questions, too. Take the list to your next visit with your doctor. Together, you can write down the answers in the spaces provided.

What treatment would be right for me?

What side effects might I experience with my treatment?

Who will help me cope with side effects, and when should I call that person?

How will I receive my treatment? How often? And for how long?

When should I contact my doctor or nurse during treatment?

Will my diet be restricted in any way? My activities? Work? Exercise? Sexual activity?

Can I take my treatment if I am pregnant or if I am breastfeeding?

Other question(s)

Write down questions you have in the spaces provided and bring the guide with you to your appointment.

Notes

For more information, please speak with your doctor.



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