

First Office Visit Planner

My partner, friend or family member was recently diagnosed

Appt. Date: _____ Location: _____
Appt. Time: _____ Doctor: _____

Note symptoms or side effects for discussion (issues with appetite, sleep, etc.)



My Visit Checklist

- Can audio of the visit be recorded?
- Bring supplies to take notes
- Discuss the visit on the way home
- Access to Online Portal
- Pamphlets or other printed disease info



Questions to Ask The Doctor

What type of myeloma has been diagnosed and what does that mean? _____

Are there additional diagnostic or genetic tests that would be beneficial? _____

What are common symptoms associated with myeloma? Are there complications of myeloma that I should be looking out for?

How do we decide which treatment is best? _____

Are there any dietary changes that would be beneficial? _____

Are there activities that my partner should avoid? What can they continue to do? _____

What should I expect financially and are there resources to help? _____

What is the best way to reach you or your staff if I/we have questions? _____

Additional questions/comments/concerns: _____
