

BLADDER CANCER SURVIVORSHIP

A Guide for Creating a Survivorship Care Plan With Your Doctor



Bladder Cancer Treatment History

Diagnosis: _____

Diagnosis Date: _____ Stage: _____

Can you provide me with a list of treatments and procedures that I received? _____

Monitoring & Check-ups

Who will oversee my post-cancer treatment care? _____

How often will I need to come in for appointments? _____

How will my doctors communicate about my survivorship care? _____

What follow-up testing do I need and how often? _____

Blood test (CBC): _____

Cytoscopy: _____

Imaging: _____

Urine tests: _____

Other: _____

Are there signs or symptoms I should be aware of that may indicate a recurrence? _____

What should I do if I have a health issue and I'm not sure if it's related to my cancer? _____

Who should I contact if I have a concern? _____

Name: _____ Phone: _____

Name: _____ Phone: _____

Should I see a urologist or other specialist regularly? _____

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Ongoing Health

How can I manage long-term effects of bladder cancer treatment? _____

Urinary urgency, frequency, or leakage: _____

Intimacy or sexual side effects: _____

Fertility: _____

Are there signs of infection or kidney problems I should watch for? _____

How can I manage long-term treatment side effects such as fatigue, pain or other issues? _____

Are there risks of secondary cancers or other health problems from the treatment I had? _____

If so, should I receive additional screening? _____

What cancer history should I share with other doctors (i.e., dentists, specialists) going forward? _____

Lifestyle

Is there a specific diet I should follow? Any specific foods to avoid? _____

Should I meet with a dietician? _____

Can I exercise regularly or are there any exercises I should limit? _____

Should I avoid any supplements, medications, alcohol or recreational drugs? _____

Emotional Health

Is it normal to feel anxious or depressed as a survivor? _____

When should I seek help? _____

What mental health resources do you recommend? _____

Are there any bladder cancer survivor support groups you recommend? _____
