

BEFORE YOUR APPOINTMENT



Prepare Questions: Write down any questions/concerns you have about your cervical cancer treatment, how kind of surgery you may qualify for, fertility preservation options, side effects, recovery, etc.



Bring Medical Information: Have a list of your current medications, including dosages and relevant medical records, as well as previous test results, surgeries, and treatment summary. This is especially important if anything has changed since your last visit or if you are seeing a new healthcare team member.



Enlist a Support Person: Consider asking a family member or friend to accompany you to the appointment to provide emotional support and to help remember important details discussed during the visit.



Use an Interpreter: Hospitals are required to offer you an interpreter if you are experiencing a language barrier, but you may want to bring a family member or friend to translate for you.

DURING YOUR APPOINTMENT

Please note: Certain bullets may not be relevant depending where you are in your treatment journey



Understand Your Diagnosis: Make sure you fully understand your diagnosis, including the stage of cancer and the results of any diagnostic/initial testing. NCCN Cervical Cancer Patient Guidelines can be helpful to refer to. Ask for explanations if needed.



Describe Any Symptoms You Are Having & How To Manage: Share any new or worsening symptoms you may be experiencing. Ask your doctor if this could be a symptom of cervical cancer or if it's due to the treatment option you are on. Be sure to discuss ways to manage, improve, or reduce these symptoms.

- **Diet and Lifestyle:** If you are open to making any dietary or lifestyle changes that could help manage your cervical cancer or side effects of treatment, discuss with your healthcare team what could help.



Discuss Treatment Options / Treatment Plans: Clarify the recommended treatment plan, including the specific procedures, therapies, and duration. You can discuss the timeline for starting treatment and what to expect during and after the treatment.

- **Biomarker and/or Genomic Testing:** Ask if this type of testing would be relevant to help determine treatment options. If yes, make sure you are referred to a genetic counselor to help interpret the results.
- **Potential Complications / Long-Term Side Effects:** Ask about any complications that could happen and how they will be monitored/managed. Inquire if there are long-term side effects for treatment and if there are fertility preservation options.
- **Clinical Trials:** If interested, ask about any ongoing trials and whether you are eligible to participate.
- **Insurance and Financial Concerns:** Discuss coverage for any treatments/medications/potential costs. Ask if there are any financial assistance programs or resources to help (you may be referred to a nurse navigator or support foundation).



Schedule Any Follow-Up Appointments / Referrals for a Second Opinion: Coordinate additional appointments or tests. Understand how frequently these should happen. Ask about signs or symptoms that should prompt an immediate call to your healthcare team. If you didn't feel comfortable with your doctor, be empowered to get a second opinion.



Advocate for Yourself: Remember your healthcare team is here to help you and make sure to hold them accountable. Use your voice to share your lived experience.