





BEFORE YOUR APPOINTMENT(S)

-  **Prepare Questions:** Write down any questions/concerns you have about your gastric cancer treatment, 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/screening results, surgeries, and treatment history. 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 bringing a family member or friend to the appointment to provide emotional support and to help remember important details discussed during the visit.
-  **Bring a Notebook:** Carry a notebook for you or for your support person (or both of you) to take notes.

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 gastric cancer and the results of any diagnostic/initial endoscopies and biopsies. Ask for explanations if needed.
-  **Describe Any Symptoms You Are Having & How To Manage:** Share any new or worsening symptoms you may be experiencing including abdominal pain and changes in appetite. Ask your doctor if this could be a symptom of gastric 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 gastric 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, medications, and their duration. You can discuss the timeline for starting treatment and what to expect during and after the treatment. Ensure you are practicing shared decision-making with your healthcare team.
 - **Helicobacter Pylori (H. Pylori) Testing:** H. pylori is a bacterial infection of the stomach and is the number one cause of chronic gastric inflammation that leads to gastric cancer. If you are an immigrant from an area that has a lot of H. pylori cases, get tested. Catching H. pylori early and receiving treatment will reduce overall damage to the stomach and gastric cancer progression.
 - **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.
 - **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:** Coordinate additional appointments or tests. Understand how frequently these should happen.