

# First Office Visit Planner

*I was recently diagnosed / I'm seeking a second opinion*



## My Visit Checklist

- ☐ Can you record the audio of the visit?
- ☐ Bring a friend or family member to take notes
- ☐ Discuss your visit on the way home

Appt. Date: \_\_\_\_\_ Location: \_\_\_\_\_  
Appt. Time: \_\_\_\_\_ Doctor: \_\_\_\_\_

List of Current Medications / Supplements (include prescribing doctor and dosage) \_\_\_\_\_

Current Side Effects and Symptoms \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## Questions to Ask Your Doctor

What stage and grade is my follicular lymphoma, and what does that mean ? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

How many patients with follicular lymphoma have you treated? \_\_\_\_\_

How often should I come in for monitoring? \_\_\_\_\_

What tests do you recommend that I have? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

What are the goals of treatment? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

What treatment options are available for me? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

What are the pros and cons of each option? Side effects? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Is it important to start treatment immediately? If not, why? \_\_\_\_\_

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\_\_\_\_\_

Is there a clinical trial option that might be right for me? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

What financial resources are available to me? \_\_\_\_\_

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Additional questions / notes \_\_\_\_\_

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