

Doctor Visit Checklist



How To Get The Most Out Of Your Doctor Visit

Condition: Colon Cancer

Symptoms I Am Experiencing:

Circle all that apply

Abdominal pain

Cramping

Bloating

Abdominal discomfort

Changes in bowel movement and/or stool consistency, including constipation, diarrhea, thinning and narrowing stools

Gas

Bloody stools or unusually dark, tar-like stool

Weakness

Fatigue

Nausea

Vomiting

Weight loss without trying

Changes in appetite

Anemia

Jaundice

Frequency Of Symptoms

Write symptom + frequency you experience it

I Have Treated/Managed By Symptoms By The Following:

Explain any medications you have used, lifestyle treatments, natural remedies

Family History

List any family members/relatives who have had colon cancer, inflammatory bowel disease (Crohn's or ulcerative colitis), or other cancers

Other Medications I Am Currently Taken Not Related To Symptoms

List them here

Questions I Have For The Doctor:

Question, Notes

Do you think my symptoms are pointing to colon cancer?

What other health conditions could be causing my symptoms?

What tests would you like to run to make a diagnosis?

While awaiting diagnosis, what changes should I make in my diet/lifestyle?

How can I help alleviate my current symptoms?

After Diagnosis

How much experience do you have with colon cancer?

Should I get a second opinion?

Where is the cancer located?

Has the cancer spread beyond the colon?

What stage is the cancer? And what does that mean?

Are there other tests you need to run?

Do I need to see a specialist/other doctor?

What are my treatment options, and the risks associated with each?

What do you recommend for lifestyle and dietary changes?

Are there any effective natural remedies that can help?

How quickly do we need to begin treatment?

How long will treatment last?

What is the long-term outcome for most patients in my situation?

Will I need to change my work schedule/other regular activities?

What happens if treatment doesn't work?

How can I manage potential side effects?

What changes in my health/symptoms should I consider urgent/a emergency?

How often should I be coming to see you for a checkup?

