

A close-up portrait of a man with dark hair, glasses, and a goatee. He is looking slightly to the left of the camera with a neutral expression. The background is blurred, showing what appears to be an outdoor setting with buildings.

FOLLOW-UP  
VISIT TOOLS

**JOSE**, Cancer Survivor

## Follow-Up Visit Tool

### TIPS FOR USING THE FOLLOW-UP VISIT TOOL:

- Use this tool to write down everything you want to ask your doctor.
- Read over your Health Diary Tool to make sure all of your concerns are included.
- Make a note of your important concerns.
- Take this tool to all of your doctor's appointments.
- Ask the doctor to write down the treatment plan that he or she gives you.
- If you do not understand any part of the treatment plan, ask the doctor or nurse to explain it to you.
- If you cannot do what the doctor is asking you to do in the treatment plan, ask for other options.
- Read the notes back to the doctor or nurse to make sure the plan is clear.
- Write down the date and time of your next doctor's appointment.
- Write down if any follow-up tests are needed. If so, write down any directions the doctor or nurse may have told you about these tests.
- Do this while at your appointment so that you remember the instructions you are given.
- Additional copies of the Follow-Up Visit Tool are available for print at [www.livestrong.org/espanol](http://www.livestrong.org/espanol).

## Follow-Up Visit Tool (Example)

**Name:** Antonio Lopez

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Doctor's Name: Dr. Paul Montgomery

Appointment Date: May 1, 2006

Appointment Time: 10:00 AM

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Reason for appointment: follow-up visit

Are follow-up tests needed?  Yes  No

If yes, what follow-up test?  Blood test  X-ray  Other: \_\_\_\_\_

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Directions for follow-up test:

No food or drink after midnight and until blood is drawn. Must be at doctor's office at 8:00 AM to have blood drawn.

My questions for the doctor or nurse:

1. Why do I have lower back pain? What can I do make the pain go away?
  2. Why do I feel tired often?
  3. Are my fears normal?
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Treatment plan:

Lower back pain and tiredness are caused by the cancer treatment. Fears of the cancer returning are normal and many survivors experience the same fears and concerns.

Did the doctor prescribe new medications?  Yes  No

If yes, are the instructions clear on when & how to take the medications?  Yes  No

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Date of next appointment: August 1, 2006

Time of next appointment: 10:00 AM

Are follow-up tests needed?  Yes  No

If yes, what follow-up test?  Blood test  X-ray  Other: \_\_\_\_\_

Directions for follow-up test: No food or drink after midnight and until blood is drawn

**Appointment Notes:**

The doctor discussed my questions with me in detail. The nurse also took the time to talk to me about the new medications that the doctor gave me. I have a follow-up appointment in three months and I will need to have my blood drawn.

The doctor told me about support groups and how they can help me with the concerns that I have. The nurse gave me a list of organizations to call to see if there is a support group that is close to home.

# Follow-Up Visit Tool

Name: \_\_\_\_\_

Doctor's Name: \_\_\_\_\_

Appointment Date: \_\_\_\_\_ Appointment Time: \_\_\_\_\_

Reason for appointment: \_\_\_\_\_

Are follow-up tests needed?  Yes  No

If yes, what follow-up test?  Blood test  X-ray  Other: \_\_\_\_\_

Directions for follow-up test: \_\_\_\_\_

My questions for the doctor or nurse:

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

Treatment plan:

\_\_\_\_\_  
\_\_\_\_\_

Did the doctor prescribe new medications?  Yes  No

If yes, are the instructions clear on when & how to take the medications?  Yes  No

Date of next appointment: \_\_\_\_\_ Time of next appointment: \_\_\_\_\_

Are follow-up tests needed?  Yes  No

If yes, what follow-up test?  Blood test  X-ray  Other: \_\_\_\_\_

Directions for follow-up test: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

