

The mission of The Leukemia & Lymphoma Society (LLS) is to cure leukemia, lymphoma, Hodgkin's disease and myeloma, and improve the quality of life of patients and their families. Find out more at [www.LLS.org](http://www.LLS.org).

Visit [www.LLS.org/WhatToAsk](http://www.LLS.org/WhatToAsk) for the full Communicating With Your Healthcare Team series and printable question guides.



LEUKEMIA &  
LYMPHOMA  
SOCIETY®

## COMMUNICATING WITH YOUR HEALTHCARE TEAM: TREATMENT

### PRIMARY CONTACT AT DOCTOR'S OFFICE

Name \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

### 24-HOUR EMERGENCY CONTACT AT DOCTOR'S OFFICE

Name \_\_\_\_\_

Phone \_\_\_\_\_

## TIPS FOR COMMUNICATING WITH YOUR HEALTHCARE TEAM

- Keep a list of your questions in a single notebook and take it with you to all appointments.
- Share your medical records and lab results with all of the healthcare professionals you see.
- Understand the specialties and roles of the multiple providers that make up your healthcare team. Learn more at [www.LLS.org/HCTeam](http://www.LLS.org/HCTeam).
- Tell your hematologist-oncologist about any medications prescribed by other healthcare providers. Ask if the medication will interfere or react with your cancer treatment. Do not take new medications, vitamins, or supplements without talking to your doctor.
- Tell your healthcare team about any new or worsening side effects or symptoms.
- Ask for a referral to palliative care. Palliative care (or supportive care) is for anyone with a serious illness regardless of age, stage or prognosis and helps make cancer treatment more manageable.
- Update your healthcare team if your insurance or contact information changes.

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Being able to talk openly and honestly with your healthcare team helps you receive the best care and keeps you safe during treatment.

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## QUESTIONS TO ASK YOUR HEALTHCARE TEAM

- Are there any foods, medications or activities I need to avoid during treatment?
- Is it safe for me to work or go to school during treatment?
- What side effects might I experience with this treatment?
- What side effects or symptoms require a trip to the emergency room?
- What side effects or symptoms require a call to the healthcare team?
- What can I do to manage side effects?
- Will you refer me to palliative care (or supportive care) for side effect management?
- What kind of testing will be done to monitor my disease and treatment?
- How will I know if the treatment is effective? What options are available if the treatment is not effective?
- Are there any precautions my caregiver or I should take when storing, handling and administering my medication? (Only applies to patients getting treatment at home, not at a hospital.)
- Is it safe to be intimate with my partner during treatment?
- Where can I turn to for help with financial or practical questions?
- Is there an online patient portal I can access to view my information? If so, how do I access it?