

We suggest you highlight or underline the questions you want to ask and take this sheet with you to the hospital. The consultant or the specialist cancer nurse will do their best to answer all your questions. You might wish to write down some of the answers so take a pen or pencil with you.

General

Will you be honest in answering my questions?

Will you use language I can understand?

Asking about sarcoma

Why has this happened to me?

What is sarcoma?

What causes sarcoma?

Could it have been caused by (radio mast/chemicals/sports injury)?

Have I brought this on myself – smoking, wrong eating etc?

Have I inherited sarcoma?

Could I have prevented it?

How long have I had it?

Why wasn't it detected earlier?

What are my chances of making a full recovery?

Will my children get sarcoma too?

How many people get this disease?

What will happen to me

Will I die?

Is there a cure?

What treatment will I receive?

Is there any alternative ?

Telling others

How do I tell ... partner/children/parents/employer/colleagues?

Is there a support service for sarcoma patients at this hospital?

Who can help me claim benefits?

How will I get to and from hospital?

How can my GP support me?

Understanding the tests

Do I have to have all these tests?

What is a CT scan?

What does it show?

What is an MRI scan?

What does it show?

Why do I need a biopsy?

Discussing initial treatment

What are the side effects of treatment?

Are there any ongoing side effects?

What if the treatment doesn't work?

Will my treatment be as an in patient or out patient?

How long will I be in hospital?

How will my life be affected during treatment?

What are the chances of it returning again after I recover?

Will I be able to lead a normal life after treatment?

What must I avoid doing and what can I do?

Are there any new drugs which can help me?

What is remission?

Discussing surgery

Will this treatment cure me?

What will the operation involve?

Have you done a lot of these operations before?

What are the risks with this surgery?

How long will it take?

How long will I be in hospital?

How long before I can get out of bed after the operation?

Will I be disabled as a result of surgery?

How will you help me recover back to a normal life?

What follow up treatment will be needed?

What other long-term side effects will I have?

Discussing radiotherapy

What is radiotherapy?

Does it hurt – will I need an anaesthetic?

How long is the course of treatment?

Will I be radioactive afterwards?

Could my children be affected by the treatment I am having?

What side effects will I have?

What can I do to help limit the side effects?

Discussing chemotherapy

What is chemotherapy?

What drugs will I be taking?

Are there any alternatives?

How long does the treatment last?

Can I have treatment on a clinical trial?

What if I refuse treatment?

What do you expect to happen with this treatment?

How well does it work?

What are the side effects - will I lose my hair?

Can I continue working?

What if it doesn't work?

What precautions should I take in my daily life while on treatment?

What can I do to help it work better?

How will it affect my sex-life?

Follow up and monitoring

What follow-up monitoring are you proposing?

Do I have to come to you for every follow-up clinic or can my GP help?

What do I do if I find a new lump?

When can I return to work?

Can I eat what I like?

Do I have to take any special precautions?

Can I go on holiday?

Can I fly abroad on holiday?

Can I continue to drink (or smoke)?

Can I use complementary medicine to help me?