

Pre-treatment checklist

Tick these off in the days before treatment starts. You don't have to do it all at once, and our team can help with any of it.

Understanding the plan

- ☐ I know the name of the cancer and, if known, its stage
- ☐ I know what treatment is planned and what it aims to do
- ☐ I have asked how long treatment is likely to last
- ☐ I know where treatment will happen and how often we need to come
- ☐ I have asked which side effects are likely and what to do about them
- ☐ I have asked about a second opinion, if we want one

Health checks to ask about

- ☐ Ask whether a dental check is needed before treatment
- ☐ Ask whether any vaccinations need to be checked or delayed
- ☐ Young adults: ask about protecting fertility before treatment starts
This needs to happen before treatment begins
- ☐ Share a list of all current medicines, supplements and allergies

Papers and costs

- ☐ Keep ID, the hospital file number and all reports together in one folder
- ☐ Check eligibility for Ayushman Bharat (PM-JAY) and DDSSY (Goa)
- ☐ Ask the hospital about costs and how payments are made
- ☐ Talk to Sabrcare about help with tests, treatment and medicines

Home, school and work

- ☐ Choose one main person to be with the patient at the hospital
- ☐ Tell school, college or work, and ask what support they can offer
- ☐ Plan care for brothers, sisters or others at home on treatment days
- ☐ Save the treatment team's day and night contact number in your phone

Get help urgently

If someone on treatment has a fever, shivering or suddenly feels very unwell, call the treatment team straight away. In an emergency, go to the nearest hospital or call 108.