

# Doctor Visit Checklist



## How To Get The Most Out Of Your Doctor Visit

### Condition: Pancreatic Cancer

#### Symptoms I am experiencing:

*Circle all that apply*

- Jaundice or related symptoms
  - Dark urine
  - Light-colored or greasy stools
  - Itchy skin
- Stomach pain
- Back pain
- Weight loss
- Poor appetite
- Nausea
- Vomiting
- Gallbladder or liver enlargement
- Blood clots

#### Frequency Of Symptoms

*Write symptom + frequency you experience it*

#### I have treated/managed symptoms

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

**Family History**

List any family members/relatives who have pancreatic cancer or other cancer types

**Other Medications I Am Currently Taken Not Related To Symptoms**

List them here

**Questions I Have For The Doctor:**

Question, Notes

- What are your initial thoughts regarding my symptoms?
- What type of pancreatic cancer do I have?
- What stage is my cancer?
- What is my prognosis (chance of recovery)?
- What treatment options are available?
- What treatment options do you recommend?
- What side effects go along with these treatments?
- What clinical trials are available to me and where are they located?

- Who will be leading my treatment?
- I'm worried about managing the costs of cancer care, so where can I get help?

### **Possible Diagnostic Tests**

Tests doctor may want to run

- Medical history review
- Physical exam
- Imaging tests
  - CT Scan
  - MRI
  - Ultrasound
  - Cholangiopancreatography
- Blood tests
- Biopsy

