



tablets
Xeloda[®]
capecitabine

Tips for your doctor visit:

- Ask your doctor any questions you have about treatment
- Repeat what you hear to make sure you got it right
- Find out who to call with questions
- Use a treatment diary to keep track of symptoms and side effects
- Have a list of questions for your next visit

Get the most out of your doctor visit

Many people find it difficult to talk about their cancer and cancer treatments. Some people get nervous in front of their doctor and forget to ask what's on their mind. Others forget to mention a side effect that's bothering them. Many people don't want to bother their doctor with what they think may be minor issues. But the time you have with your doctor is very important. It's the best time to get your questions answered and your concerns addressed. Remember that your doctor wants you to have the best results. Your doctor needs to know how your treatment is working and will adjust your treatment plan if needed.

Here are some tips to make the most out of each visit to your doctor's office:

1. Prepare for your doctor's appointment

Research any treatments you want to find out about and write down your questions in advance.

2. Repeat back what you hear

this way your doctor will know that you heard the information and instructions correctly.

3. Have your doctor clarify all instructions

If there is something you don't understand, be sure to ask your doctor to explain it another way. Although doctors try hard to make things clear and simple, cancer treatment can get technical. Write down all the information so you can do more research later. Don't leave until you are satisfied you've had all your questions answered.

4. Find out who to call with questions

You may have more questions once you've had more time to think about your condition and your treatment. But many questions can be answered by a nurse or another member of the treatment team. Ask your doctor for the names and numbers of everyone you should call. And find out which kind of questions or problems you should speak to your doctor about directly. You can also find out when the best time is to call the office with your questions.

5. Use a treatment diary

One great way to keep track of your treatment and side effects is to use a treatment diary. This also helps you remember to take your medicine as directed by your doctor. Use it to make note of any change in your symptoms and to record side effects.

