

Questions you can ask your doctor before starting therapy



Pre-Diagnosis

- I have a lump in my neck. What can it be?
- What tests are available to find out what it is and how are these tests done?
- What are the next steps and when will I get the results?
- Should I bring a family member or friend when I come back for the results?

Diagnosis

- What type of cancer is it?
- What is my prognosis? How long am I going to live with this?
- Am I high risk? Low risk?
- Is my cancer hereditary?
- Is there a cause for this type of cancer?
- Can I have an overview of the treatment protocol and the timings?
- What kind of reassurance can you give me of the outcome?
- What options do I have as a patient? Surgery or not? What are the other options?
- Which surgeon do you recommend?
- What will happen after surgery?
- Why will I not receive treatment with radioiodine?
- Is there psychological support available that I can use?
- Do you have any information on the disease and the treatment?
- Where can I find the patient support group for thyroid cancer?
- What is your level of expertise on thyroid cancer treatment?
- What is the best way for my family to help me?

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Surgery

- How can I decide if surgery is really necessary?
- Do I have to go to surgery urgently?
- How many operations have you done?
- How many successful operations have you done out of all operations?
- What do you consider a successful operation?
- Have you seen complications in previous operations?
- Can you explain what will happen during the surgery and what are potential side effects?
- Will my voice/vocal cords be affected?
- What will my scar look like and how long will it take to heal?
- How can I prepare for the operation?
- Will my life be the same after the surgery? Can I still do sports?
- How long do I have to stay in the hospital after the surgery?
- Should I take the hormone replacement medication at a specific moment of the day?
- Is there any drug to drug interaction between the hormone replacement medication and contraception or any other medication?
- If I forget my hormone replacement medicine, what will happen?

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Ablation

- Can you please explain what happens during a radioactive iodine ablation?
- How will I feel after taking the radioactive iodine?
- What are the risks of taking radioactive iodine? Or not taking it?
- What will be the best dose of radioiodine for me and why?
- On which date will the radioactive iodine ablation take place and how long do I have to stay?
- How long will I be radioactive for?
- What methods/kind of preparation is done before ablation, thyroid hormone withdrawal or use of recombinant human TSH and why?
- Is there drug to drug interaction when taking recombinant human TSH?
- Do I have to go through hypothyroidism?
- How can I prevent hypothyroidism?
- If I need to go on thyroid hormone withdrawal, is there any psychological support?
- Am I allowed to drive when I am hypothyroid?
- Can I work when I am radioactive? When can I start to work again?
- How will hypothyroidism affect my daily life?
- How long will it take before I am back to normal?
- Can I bring a family member, friend?

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Follow up

- Who is responsible for me now in the follow up?
- How will I be monitored after initial treatment?
- How many times and for how long will I have follow-up tests?
- What are the signals I should be aware of/concerned about?
- What will happen if I have a recurrence?
- What will happen with my voice?
- What methods/kind of preparation is done before the follow-up test, thyroid hormone withdrawal or use of recombinant human TSH and why?
- Is there drug to drug interaction when taking recombinant human TSH?
- Do I take my hormone replacement medicine on the day of the test or not?
- Do I have to go through hypothyroidism?
- How can I prevent hypothyroidism?
- If I am hypothyroid can I take my other medications? Does it interact with other medication?
- If I need to go on thyroid hormone withdrawal, is there any psychological support?
- Will my lab tests always be run at the same lab?
- Can I have a print out of my results after each test?
- What are normal values so I can understand the test results?
- What should I do, if I don't feel well and whom can I contact?
- Do you offer psychological support to patients? Where can I get this?
- Do I need to be on a diet?
- Should I take the hormone replacement medicine on a specific moment of the day?

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- Is there any drug to drug interaction when taking the hormone replacement medication and contraception or any other medication?
- If I forget my hormone replacement medicine, what will happen?
- Do I need to ask for sick leave for the follow-up test?

Notes:
