

Follow-Up Care with Your Regular Doctor

When you approach the end of your cancer treatment, you'll need to plan for your healthcare in the future. Along with follow-up cancer care, you will need routine healthcare. This sheet discusses what to think about and how to make the switch smoothly.



Where do I get follow-up cancer care?

Talk with your cancer care team about where to have follow-up care. You may continue to go to your cancer center. Or you may get follow-up care from the healthcare provider you see for routine care. Your choice can depend on:

- **What your care team suggests**, considering your type of cancer and your side effects.
- **Where you live.** Do you live far away from your cancer center? You may want to get follow-up care closer to home.
- **What your insurance covers.** Talk with a case manager at your insurer to learn what follow-up cancer care is covered.



Important Follow-Up Dates

Visit or Test	Doctor	Date and Time



What records do I need?

It is important to tell all your doctors about your cancer history. Don't assume they know. Your cancer team will provide the following documents to you and your follow-up care team.

Your cancer treatment history

This document will include:

- Names and contact information for your cancer care team
- Date of diagnosis
- Type of cancer and stage
- List of all treatments received
- List of any surgeries
- Reports, including your final report
- Notes on problems or side effects

Your cancer follow-up care plan

This document will include:

- Notes on how to stay well and care for yourself going forward
- Schedule for follow-up care
- Plan for handling long-term side effects of cancer treatment

Share your cancer treatment history and follow-up care plan with the doctor you will see going forward.



Resources for recovery

Recovery takes time. Cancer and treatment take a toll on the body. It also takes a toll on your emotions. Be sure to mention any concerns you have to your doctor. Ask your **healthcare** team about recovery resources that may be available to you. You may also find some resources online or at your local library on these and other topics:

- Cancer survivor support groups
- Information about fertility and other options
- Coping with side effects
- Fear, depression, and stress
- Intimacy
- Returning to work

Questions to ask at appointments

- Did my cancer treatment put me at risk for other medical conditions?
- Will I need to see a specialist for any cancer follow-up care?
- What should I do if I catch a cold or get a fever?
- Are there vaccines I should get?
- Are there any vaccines I should avoid?

Get the most out of appointments

Use the skills that worked for you during cancer treatment:

- Write down questions ahead of time and bring them with you.
- Ask someone to go with you.
- Take notes.
- Ask questions if you do not understand something.
- Repeat back what you hear to make sure that you understand.
- Take part in making decisions.



Be sure to tell your doctor about:

- Any new symptoms that concern you, including any pain.
- How you feel physically.
- How you are coping emotionally.



Use this space to write down questions for your regular doctor.
