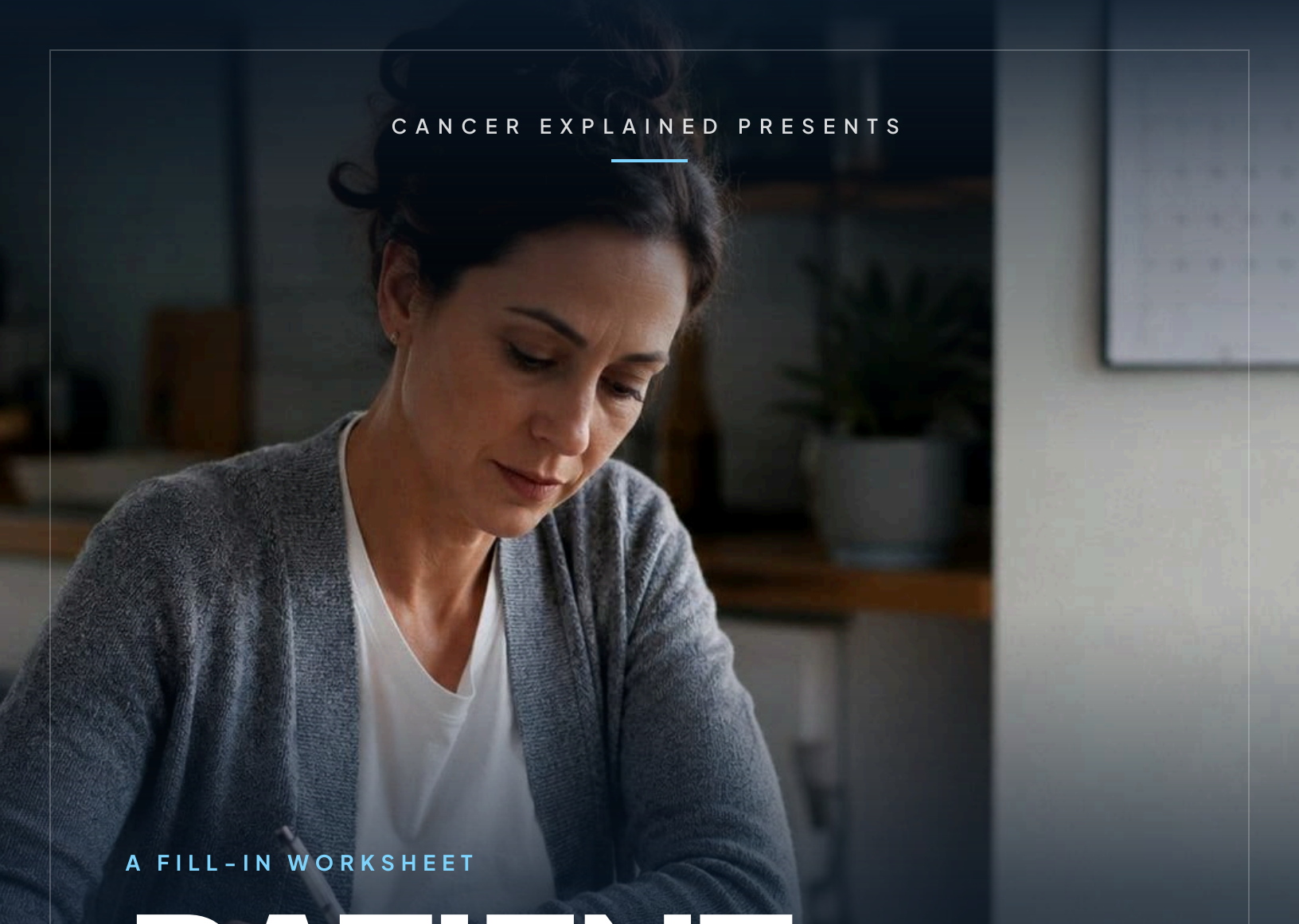


CANCER EXPLAINED PRESENTS

A FILL-IN WORKSHEET

PATIENT NOTE PAGES

A simple template for appointment notes

FREE TO PRINT · PLAIN LANGUAGE · SOURCES ON THE BACK

A CANCER EXPLAINED HANDOUT · BASED ON **NCI** · UPDATED **2026-11-10**
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CANCEREXPLAINED.ORG

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Patient Note Pages

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cancer explained.org

1 Before the appointment, write down

- ☐ The top 3 questions you most want answered today.
- ☐ New symptoms or side effects since last visit (what, when, how often, how bad).
- ☐ All medications and supplements you are taking, with doses.
- ☐ Anything confusing from the last visit that you want explained again.

2 During the appointment, note

The main thing the doctor said about your condition today:

_____

Any change to treatment or medications: _____

New tests or scans ordered, and why: _____

Words you did not understand (ask, or look up later):

_____

Who to call with problems, and the number:

_____

3 After the appointment

The next appointment or test date: _____

One thing to do before then (pick up a prescription, schedule a scan, call insurance):

_____

How you are feeling about the plan — note anything you want to revisit next time.

My notes from today

Topic	What was said	What I need to do

THE BOTTOM LINE

You do not have to remember everything — writing it down (or bringing someone who will) is one of the most useful things you can do.

Sources: NCI: Questions to ask your doctor (cancer.gov/about-cancer/coping/questions)

Learn more in plain language: cancerexplained.org/tools/doctor-visit-prep · **Updated:** 2026-11-10

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