

First Week Checklist

AFTER A BREAST CANCER DIAGNOSIS



You do not need to figure out everything today. Use this checklist to organize your thoughts, write down questions, and prepare for your next oncology appointment.

Section 1: Understanding & Questions

- ☐ **Define current understanding:** Write down what you currently understand about your diagnosis and treatment plan.
- ☐ **List priority questions:** Note the top 3–5 questions you want answered during your next visit.
- ☐ **Check on pending tests:** Ask your care team which pathology or lab results are still pending.
- ☐ **Clarify next steps:** Confirm the exact purpose of your upcoming appointment.
- ☐ **Identify urgent timeline:** Ask which decisions are time-sensitive vs. which allow time for consideration.

Section 2: Team, Support & Logistics

- ☐ **Designate a central binder/folder:** Keep your medical records, pathology reports, and notes in one dedicated spot.
- ☐ **Log care team contacts:** Record the names and phone numbers of your oncologist, navigator, and main nurse contact.
- ☐ **Choose a support companion:** Decide if you'd like a trusted family member or friend to attend your next appointment.
- ☐ **Establish point of contact:** Confirm who to call for urgent questions, unexpected symptoms, or after-hours concerns.
- ☐ **Consider a second opinion:** Ask your provider if seeking a second opinion is appropriate for your specific case

Section 3: Practical Needs & Well-being

- ☐ **Assess daily support:** Plan for practical needs such as transportation, meals, work coverage, childcare, or home help.
- ☐ **Explore available resources:** Ask about patient navigators, counseling services, financial guidance, and local support groups.
- ☐ **Practice self-compassion:** Give yourself permission to pause and take things one day at a time.

Important Care Details

Next Appointment Date & Time: _____

Care Team Main Line: _____

After-Hours / Urgent Line: _____

This checklist is a guide to help you navigate your first week. Remember to be patient with yourself as you learn and adapt. Don't hesitate to ask for help. Your well-being is a priority, so ensure you are taking breaks and staying hydrated. We are here to support you!

 **More educational resources:** edenhealthidahofalls.com