



## **The Prostate Cancer Surgery Tick List**

Use these questions as starters for your first meeting with your prostate cancer surgeon.

**Print these out and hand to your doctor at the start of your meeting.**

- Tick one box next to the questions you are curious about.
- Tick two boxes next to the questions you feel are most important.
- Leave the tick boxes blank for questions that you have little or no interest in.

Feel encouraged add on your own questions. For example, you might want to ask about recovery time so that you can plan your job or family schedules. If you still want to have children, ask if you can sperm bank

before starting treatment. The only stupid questions are the one's that you don't ask.

**Your doctor wants a happy patient, and getting ALL of your questions answered before treatment is good for everyone.**

Not all of these questions apply to you, so just tick the ones that you care most about and be sure to write in any questions that are not listed here.

Can I make a voice recording (on my phone or voice recorder) of our meeting, so I can review what we talk about today?

I don't feel any pain right now...why do I need surgery?

Is surgery really as effective for prostate cancer as radiation?

Which surgical technique will be used?

Based on your experience, why is this the right approach for me?

How will you know whether to use a nerve-sparing technique with the aim of conserving my ability to get an erection following surgery?

What about preserving urinary continence (bladder control)?

What will you do if you find cancer outside of my prostate during surgery?

Will finding cancer outside of my prostate change what you do during surgery?

Do I need to be concerned about blood loss during the surgery? Should I store my blood or get my family and friends to donate blood in case it is needed?

What can I expect following the surgery in terms of recovery time? How long will it be before I can return to my normal activities?

What are the likely or possible side effects of the surgery, both short-term and long-term?

What will we do to monitor my prostate cancer following the surgery?

- What are my chances of surviving the surgery?
- Must I be put asleep...can you use an epidural?
- What is my risk of the prostate cancer recurring after this surgery?
- Will you be my doctor if prostate cancer does show up again?
- What are the T, N, and M stages (descriptions of how far the cancer has spread) of my cancer, and how do they influence my treatment options?
- What does my Gleason score and all the other tests you suggested tell you?
- How sure are you that this is the stage of my cancer?
- Do I need extra tests to see if the cancer has spread to my lymph nodes or other parts of my body? How reliable are these tests?
- What about my age and my general health? Will this affect what will happen to me?

How often will I need to have tests and check-ups after surgery?

Is there anything I can do to help myself? DO I need to make any changes to my lifestyle?

What other surgery like treatment options are available?

What are the major side-effects of treatment? How will they affect my quality of life and for how long?

What are the risks if my cancer is not treated?

How many radical prostatectomy operations do you perform a year? Do you believe that experience counts?

Do you do surgery in a different way than other surgeons? How and why?

How long do I have to make my decision about surgery?

What is your opinion on hormone treatment in association with surgery or radiation therapy?

- What happens if my PSA starts to rise again after treatment?
- Would there be any benefit to using the new genomic tests in order to check for prostate cancer outside the prostate?
- Do you believe that this cancer is organ-confined, or could it have spread to the lymph nodes?
- After treatment, what sort of problems should I expect and allow for?
- What is a catheter and what does it feel like?
- Who will actually operate on me if I elect to have a radical prostatectomy?
- Will resident physicians take part in the treatment? If so, what will they do, what is their experience, what is their specialty?
- Should I expect problems related to bladder control, and if so, for how long?
- Will I still be able to have a normal erection?

Will my erection be able to penetrate vaginally? Anally?

Will I still have ejaculate?

Can I sperm bank before surgery?

Will I need hormone therapy before or after surgery?

If I have problems with incontinence or recovery of a normal erection, how long should I wait before we discuss the available treatment options?

How and when will we know if this surgery was the right choice?

Robotic versus laparoscopic versus open surgery...which one is right for me?

What kind of home care will I need after surgery?

How much will all of this cost?

For Men who are Partnered with Men: I want my husband (or partner) to have visitation rights and

the right to accompany throughout the pre-op and recovery process...what paperwork do you need to complete so we don't have any problems at the hospital?

Write your own questions on the next blank page.



