Doctor's Appointment Guide

Your health matters. Taking proactive steps can make all the difference.

Discussing colorectal cancer screening with your doctor is a significant step in that journey. We have designed this guide to help you initiate conversations with your healthcare provider about colorectal cancer screening during your appointment.

In the early stages, colorectal cancer usually has no symptoms. That's why it's best to get screened for colorectal cancer before any symptoms start to develop.1

Detecting colorectal cancer early can help save lives.



Go Prepared

Before your appointment, take some time to gather important information:

- Family history: Note if any family members have had colorectal cancer.
- Lifestyle factors: Be ready to discuss your diet, exercise routine, and any tobacco or alcohol use.



Questions to Ask

Think of the kind of guestions you'd like to ask your doctor and pen them down in a notebook or on your phone's notepad.

- What are the screening methods available? Inquire about current screening tests such as blood-based tests, stool-based tests or colonoscopy.
- How often should I get screened? Discuss the recommended screening intervals based on your risk profile.
- What are the benefits and risks of screening? Understand how early detection can improve outcomes and inquire about potential risks, such as false positives.
- What does the screening process involve? Seek a clear explanation of what to expect during the screening, any necessary preparations, and the duration of the procedure.



3. **Be Honest**

- Don't be afraid to share about your lifestyle, habits, or any problems you're having. Only you know yourself best. Having open communication with your doctor is one of the best ways to ensure you get the most out of your doctor's visit.
- Share your concerns. Express any worries or fears you may have about the screening process openly. Your doctor can provide reassurance and address any misconceptions.



Personalise your approach

If you have specific preferences or concerns about colorectal cancer screening, let your doctor know. Together, you can make choices that align with your values and comfort.



Note

Seek Support

latest-news/signs-and-symptoms-of-colon-cancer.html.

- Consider bringing a supportive friend or family member to the appointment to offer encouragement and help remember important details.
- Singapore Cancer Society offers access to a variety of tools and networks for emotional and social support.

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