

WHAT TO BRING TO MY DOCTOR'S APPOINTMENT

1. My "Important Facts About Me" list

2. Copies of imaging study reports and the scans themselves including ultrasounds, CT scans, MRI scans, and PET scans

You can get these reports a few different ways:

1) If your scan was done at an independent facility, you can call that facility and ask them to prepare a copy of the report and transfer the images to a CD for you to pick up.

2) If your scan was done at a hospital or medical center, the simplest way may be from the radiology department. Call first to allow the staff time to prepare these for you.

3. Pap smear reports

You should be able to obtain these from the doctor who performed the Pap smear. If you have a history of abnormal PAPs, bring the reports from the past several years, not just the most recent one. Your doctor will want to see the pattern of your PAPs over time to gauge your risk of cervical cancer. This is extremely important information to help your surgeon plan the right hysterectomy for you.

4. Any relevant biopsy reports

Typically you would get copies of biopsy reports from the doctor that performed the biopsy. For example, if you had an office endometrial biopsy at your gynecologist's office, she should provide you with a copy of the report.

5. Any relevant operative and pathology reports from previous surgeries

See my tutorial on pathology and operative reports in the Learning Center tab on my website, notyourmothershysterectomy.com. Go to the section on being your own health advocate.

Surgeries relevant to a hysterectomy include ANY operation in the abdominal cavity. This includes any intestinal surgery, any gynecologic surgery except a tubal ligation or cesarean section, any gallbladder operation, gastric bypass, etc.

6. Treatment summaries of previous therapies for anything related to your current condition, such as previous chemotherapy

When you have undergone extensive treatment for a complex condition like cancer or been in the hospital with a complicated medical condition, your doctor will need to know the details of your treatment. Cancer doctors often compile a treatment summary at the completion of planned . For a hospitalization,

7. My "Questions for My Surgeon" List