

## Start here

# What next after a cancer diagnosis?

For information about your cancer treatment plan and what to expect, it is always best to talk to someone from your cancer team. After diagnosis, you should have an appointment with, for example, a cancer doctor or specialist nurse.

Here are some questions you might want to ask. There are quotes alongside from people who know what it is like to get a cancer diagnosis. They have shared some of the tips that helped them prepare.

### What will happen next?

E.g. I will receive a letter for  
a scan appointment

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“When you're first diagnosed, there's a lot to take in. The first meeting may be brief and there might not be enough time for you to ask everything you want to. Don't be afraid to contact somebody, like your cancer nurse specialist, with follow-up questions.”

### When will this happen?

E.g. I can expect my appointment  
to be in 4 to 6 weeks, at X hospital

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“The minute you start on a cancer pathway, take everybody's name, telephone number and e-mail address. Because, at some point, you will need them.”

# What can I do while I wait?

## Getting ready for treatment

Starting treatment for cancer can be overwhelming, but making small changes to your everyday life can help you to get ready for cancer treatment. This is called prehabilitation. Find out more by scanning this QR code or visiting **macmillan.org.uk/prehabilitation-videos**



"Since my diagnosis, I have walked every day whatever the weather. This helped me massively. Nobody could take that away from me, and it gave me more control over my journey."

"I had a lot of learning to do. If you feel you don't understand how everything works, get an advocate or a charity to help. It is a tough journey. And you do need the knowledge so that you can push."

## Who do I contact if I have questions or concerns?

E.g. I can phone my team on (phone number), between 9am and 5pm.

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## We're here to help. Whatever you need to ask, get in touch.

Call us free on **0808 808 00 00** for practical and emotional support and for information about benefits and money worries.

Visit our Online Community at **community.macmillan.org.uk**

For more help after a cancer diagnosis, **scan the QR code** or visit the link.



**macmillan.org.uk/  
waiting-cancer-diagnosis**