

Questions for Your Appointment

THE ACOUSTIC NEUROMA (VESTIBULAR SCHWANNOMA) HANDBOOK

The decision-making process is better supported when patients come to clinical appointments with specific questions rather than general anxiety. The questions below are worth preparing before any consultation where treatment options are being discussed. Write the answers during or immediately after the appointment, while they are fresh.

Date of appointment _____ Clinician and role _____

- 1** What are the realistic risks and benefits of each option in my specific case, not in general terms?

- 2** What is the likely consequence of delaying a decision by three or six months?

- 3** If we proceed with treatment, what is the realistic range of outcomes, including the less favourable ones?

Questions for Your Appointment (continued)

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- 4** If we proceed with active surveillance, what specific findings on future scans would prompt a change of recommendation?

- 5** Who else will be involved in reviewing my case before a final recommendation is made?

Your own questions

What was agreed, and what happens next

If a consultation has not given you adequate time to ask these questions, it is appropriate to request a further appointment specifically to discuss treatment options. A second opinion from another specialist centre is a legitimate and recognised step, and a well-functioning clinical team will not discourage you from seeking one.