



Namibian Oncology Centre

Your First Visit

What to Bring, What to Expect, What to Ask

Before Your Appointment

What to bring with you:

- Your referral letter from your GP or specialist
- All recent medical reports, scans, and test results
- A list of **all** medications you're currently taking (including supplements)
- Your medical aid card and ID document
- A notebook and pen for taking notes
- A family member or friend for support (if you'd like)

What to Expect at Reception

1

Check in at Reception

Provide your ID and medical aid details

2

Complete patient forms

Medical history and consent documents

3

Take a seat and wait to be called

We'll call you when the doctor is ready



Your First Meeting with the Doctor

During your consultation, your doctor will:

- Review your medical history and test results
- Discuss your diagnosis and explain what it means
- Outline possible treatment options
- Answer your questions
- Discuss next steps and follow-up appointments

It's okay to take notes. It's okay to ask the doctor to repeat something.

*It's okay to bring someone with you. This is **your** appointment.*

Questions You Might Want to Ask

- What is my diagnosis?
- What stage is it?
- What are my treatment options?
- What are the side effects?
- How long will treatment take?
- What happens if I don't treat it?
- How much will this cost?
- Can I get a second opinion?
- What support is available?
- Who do I call if I have questions later?

No question is too small. No concern is unimportant.

This is your health. You have the right to understand what's happening and to ask as many questions as you need.



After Your Appointment

Before you leave:

- Make sure you understand the next steps
- Schedule any follow-up appointments
- Collect any prescriptions or referral letters
- Ask for written information if you need it
- Save our contact details in your phone



Take your time. There's no rush. We're here to help you feel informed and supported.



Namibian Oncology Centre

We're Here to Help

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Restoring Hope Through Compassionate Care