

Doctor Discussion Guide

Non-Muscle Invasive Bladder Cancer



Tens of thousands of Americans are diagnosed with bladder cancer annually, and the disease comes in many forms. Non-muscle invasive bladder cancer (NMIBC) is found in the cells of the inner layer of the bladder and does not invade the muscle wall. People diagnosed with bladder cancer often work with a team of healthcare professionals, including a primary care doctor, an oncologist, a urologist, and a radiologist. To better understand your condition and best evaluate treatment options, it is important to have an in-depth conversation with your doctor.

You and NMIBC: Use this discussion guide to help you have a more productive appointment with your doctor and to prepare for future visits.

What do the stage and grade of my bladder cancer diagnosis mean?

(Use the space below to take notes if needed.)

What are my treatment options?

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What is the goal of these treatments?

What are the side effects of these treatments, and are there any risks?

How can we track the progress of my treatment?

Are there any lifestyle changes I should make before my next appointment?

**I'm feeling upset/anxious/overwhelmed by my diagnosis.
Where or to whom should I go for help?**

▶ Find more info and tools at: [HealthCentral.com/BladderCancerGuide](https://www.healthcentral.com/bladdercancerguide)