



We need to listen

World Kidney Cancer Day | 20 June 2024



If you don't feel listened to

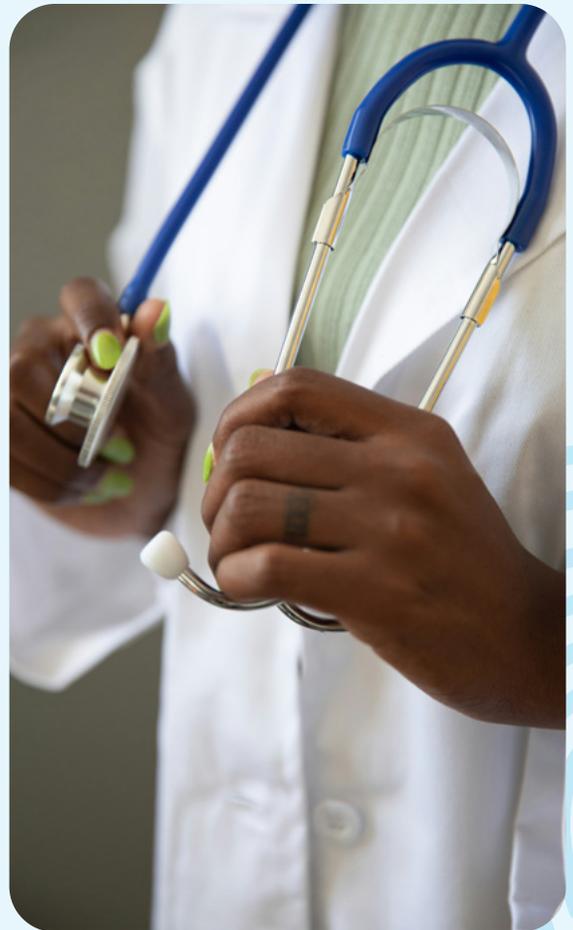
You may be able to request a second opinion

It is always good to look to more than one source of information. Patients who do this can better understand their diagnosis and treatment options, helping them to feel reassured they are making the right decisions for them.

A second opinion means seeing another healthcare practitioner or specialist doctor. They will give their view on your diagnosis or treatment.

You might want to see another doctor for one or more of the following reasons:

- To confirm your diagnosis
- To find out if there are other treatment options
- To support what you have already been told about your condition and treatment
- Because you don't feel listened to by your current doctor



1 Requesting a Second Opinion

- Check whether you have the right to ask for a second opinion from a different doctor within your country.
- Discuss your concerns with your healthcare practitioner, consultant, or the hospital unit where you received your diagnosis.
- Your family or carer can also request a second opinion on your behalf, but only with your consent.
- Make sure they have all the relevant information about your illness or condition.

2 When to Consider a Second Opinion

- Before seeking a second opinion, ask your current doctor to explain your diagnosis thoroughly.
- If you're unhappy with your diagnosis or want to explore alternative treatments, discuss this openly with your doctor.
- Sometimes a second opinion may not be necessary if your current doctor provides clear explanations and addresses your concerns.
- You'll likely need a new referral from your healthcare practitioner to see a different consultant.

3 Waiting Time and Considerations

- People seeking a second opinion may experience some waiting time, as they've already seen a doctor.
- Keep in mind that a second opinion may involve travelling to a different hospital.
- Consider the potential delay in treatment, especially if you have a serious medical condition.

If you haven't fully understood what your doctor told you¹

It might help to ask your original doctor to go over things with you again. Don't feel embarrassed about not understanding or needing the information to be repeated. Doctors know how difficult it is to take in complicated medical information. They know that it might be more difficult if you are feeling shocked and upset.

After your diagnosis, you might have read about your condition and now have questions or concerns. You might need to talk this through with your specialist.

This will give you the chance to ask any questions that have come up since your first appointment. It can help to take someone with you to your appointment and to write down any questions you have.

Before your appointment, it might help to prepare for a second opinion by¹



- Thinking about what you want to get out of the appointment
- Making a note of your symptoms and any treatment you've already had
- Writing down questions you want to ask
- Asking someone to go with you for moral support and to help you take in the information the doctor gives you
- Taking all the relevant medical information you might have about your condition