Cancer screening visit checklist

Prepare the items that apply and bring any records privately to your appointment.

What to prepare

- Make a short timeline of symptoms or changes, tests and results.
- Gather previous screening and relevant imaging, biopsy, pathology or genetic reports you already have.
- Note the cancer types in close relatives and their approximate ages at diagnosis, when known.
- Bring a current medication and supplement list and information about medication allergies.
- Bring your treatment summary or survivorship plan if you have one.
- Choose your main questions and any access, language or support needs you want to discuss.

Before leaving the appointment

- Find out who will receive the result and contact you.
- Ask when to expect an update and whom to call if you have not heard.
- Confirm the next step and any referral arrangements.

Sources

Between Visits visit preparation Ontario screening and cancer care

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General health information only. This page does not diagnose a condition or replace an assessment by a qualified clinician.