

WHILE YOU ARE WAITING FOR RESULTS

A support sheet for the days between tests, scans, appointments, and answers

Why this sheet exists

Waiting for results can make ordinary time feel strange. You may look calm while your mind keeps travelling to places you do not want to go. This sheet will not make the waiting easy, but it may help separate what you know from what fear is trying to fill in.

What I know for certain

What I am waiting for

Date it happened

When results are expected

Who I expect to hear from

Next appointment date

What the medical team has told me

What I do not know yet

Not knowing is painful. But not knowing is not the same as bad news.

What fear keeps adding

The story my fear keeps telling

The thing I keep imagining

The thing I keep checking

The thing I keep searching

The thought I keep returning to

What I need today

One thing I can eat or drink

One thing I can do for my body

One thing I can do for my mind

One person I can message

One thing I can stop doing tonight

One thing that can wait

One small task that may reduce
chaos

A message I can send

I am still waiting for results, so I do not have anything new to share yet. I will update you when I know more. I may not be able to talk much while I am waiting, but I appreciate you checking in.

If the waiting gets too heavy

You do not have to be productive, cheerful, reassuring, or certain. You may only need to get through the next hour.

- Drink something
- Eat something small
- Take medication as directed
- Step away from searching
- Message one person
- Rest
- Do one ordinary thing

A note about safety

This sheet is not medical advice. If symptoms are severe, sudden, frightening, or worsening, contact your medical team, out-of-hours service, emergency department, or local emergency number.