

THE SCAN WEEK PLANNER

A simple planner for the days before a scan, the waiting, and the practical things fear can push aside

Why this planner exists

Scan week can make ordinary time feel loaded. The appointment may take less than an hour, but your mind can begin living inside it days beforehand.

This planner does not try to make you calm. It helps reduce practical chaos while you wait.

Scan details

Type of scan

Date

Time

Location

Arrival time

Instructions

Results expected

Next appointment

What I need to confirm

■ Food or drink instructions

■ Medication instructions

■ Contrast or preparation

■ Transport

■ Parking

■ What to wear

■ How long it may take

■ Who to contact with questions

Questions before the scan

My scan week

Day	One necessary thing	One kind thing	What can wait?
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

What fear keeps adding

The story my fear keeps telling

The thing I keep checking

The thing I keep searching

What I actually know

The day of the scan

- Appointment details saved
- Transport confirmed
- Questions packed
- One person knows where I am
- Phone charged
- Instructions followed
- Comfort item packed
- Plans afterwards kept light

While I wait for results

Who I expect to hear from

When I expect to hear

What I will do if I hear nothing

One person I can message

One thing I will stop checking tonight

One ordinary thing I can still do

A message I can send

I have had the scan and I am waiting for results. I do not have anything definite to share yet. I will update you when I know more, but I may be quiet while I wait.

A note about safety

This planner is not medical advice. Always follow the advice of your medical team. If symptoms are severe, sudden, frightening, or worsening, contact your medical team, out-of-hours service, emergency department, or local emergency number. Do not wait for the next routine appointment if something feels urgent.

**The appointment takes an hour.
The waiting takes everything else.**

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