

WAITING FOR THE PLAN

A calm place to separate what is known, what is pending and what happens next

The period between diagnosis, new results or a change in treatment and receiving a clear plan can feel like unprotected time.

Tests may be ordered. Scans may be reviewed. Specialists may discuss the case. Appointments may move. From the outside, it can look as though nothing is happening.

This sheet helps you hold the facts without asking fear to fill every gap.

WHAT IS CONFIRMED?

Diagnosis or finding explained so far:

What the team has told me clearly:

WHAT IS STILL PENDING?

- scan or test
- pathology or laboratory result
- specialist review
- multidisciplinary team discussion
- treatment decision
- appointment date
- something else: _____

Expected date or timeframe, if known:

WHAT HAPPENS NEXT?

Next appointment, call or test:

Date: _____ Time: _____

Location or method: _____

Who will contact me: _____

WHO CAN I CONTACT BETWEEN APPOINTMENTS?

Team, clinic or nurse contact:

What they told me to contact them about:

QUESTIONS TO KEEP READY

What exactly are we waiting for?

Who reviews the information when it arrives?

Will my case be discussed by a wider team?

When should I expect to hear something?

Who should I contact if that date passes?

Does this waiting period change anything I should do now?

Which new or worsening symptoms should I report, and how quickly?

WHEN AN APPOINTMENT OR TEST CHANGES

A change can feel medically loaded even when it is administrative. You are allowed to ask for clarification.

A script you can use:

I noticed that my appointment or test has changed. Could you tell me whether this is an administrative change or whether there is something new I need to understand?

WHAT NOT TO ASK SILENCE TO PROVE

A delay does not, by itself, explain what the cancer is doing.

An earlier appointment does not, by itself, confirm bad news.

A changed doctor or added test does not, by itself, reveal the final plan.

The uncertainty is real. The conclusions fear creates are not confirmed facts.

ONE THING I CAN DO TODAY

- write down my questions
- confirm the next date
- save the correct contact number
- ask someone to come with me
- stop searching until I have clinical context
- do one ordinary thing that belongs to my life

This resource offers general support and preparation. It does not interpret tests, symptoms or treatment decisions. Contact your clinical team about new, worsening or concerning symptoms, or if you are unsure what you have been asked to do next.