

# Preparing for scans and tests checklist

Tests and imaging scans help your healthcare team learn more about your condition, plan your treatment, and help to monitor your lung condition. For many people this is a very stressful time, which can cause you to feel overwhelmed with anxiety and fear, often known as “scanxiety”. This checklist outlines the practical things you can do to prepare for scans and tests and get through the “waiting for results” time period.



## Before your scan or test

- Try and book an early scan appointment. This may cut down on your wait time and subsequent worry about the scan.
- Write down a list of questions to ask your healthcare team about what preparation you may need to do beforehand and what to expect during your scan or test. Understanding the type of scan or test you are having, how long it will take and what is involved in the procedure can help.
- Talk to your treating team about your concerns. If you are worried about the scan, they can help you plan ways to be more comfortable and relaxed.
- Ask if your treatment centre has a care co-ordinator or nurse navigator available to provide information and support leading up to the scan.
- Confirm who will give you your results, when they will be available and how you will be informed.
- Once you know how long your results will take, make a follow up appointment with the appropriate healthcare professional.
- Keep lines of communication open with loved ones. Let them know about your upcoming scan and how you are feeling. Sharing your feelings with people you love can help ease your mind and lessen your *scanxiety*.
- Speak with a mental health professional, such as a counsellor, social worker or psychologist who can help you manage your *scanxiety*.
- Plan the travel route to your scan or test appointment and locate the venue on a map if you have never been there before.
- Ask a family member or friend for support and to attend the scan with you. A support person will keep you company in the waiting room, help distract you and can help you stay calm.



## The day of your scan

- If your scan is not early in the day, plan some activities to keep busy and fill in the time until your scan. You might consider doing some light exercise or gardening, catching up with family and friends or seeing a movie.
- Leave plenty of time to get to the location of your scan or test, having to rush may increase your worry.
- Plan some calming activities for the waiting room - bring your phone or tablet with headphones to watch a movie or listen to music, or pack a book to read.
- Confirm the process with the healthcare professional performing the test or scan. Understanding what is going to happen and if there are any variations from what you have previously understood can reduce fear of the unknown.



## After your scan, waiting for results

- Stay active and continue to practice mindfulness. Regular exercise, healthy habits and mindful activities can help alleviate stress.
- Keep yourself or your mind busy. Make a list of things you could do during this time including relaxing activities to help keep you distracted.
- Try journaling. Taking the time each day to write down your thoughts can be helpful in relieving stress.
- Communicate your feelings to others. Speaking to a counsellor, social worker, psychologist or peer going through a similar situation can help normalise your feelings and make you feel less alone. You may even learn new strategies to help manage your *scanxiety*.



Scan the code to read more on managing the emotional impacts of medical scans or tests.



## Access information and support today

Lung Foundation Australia offers a range of resources, information, and programs that can help you to better understand your condition and empower you to live your best life.

Contact our Information and Support Centre team today to access information, guidance and support.

[lungfoundation.com.au](https://lungfoundation.com.au)  
[enquiries@lungfoundation.com.au](mailto:enquiries@lungfoundation.com.au)  
Free call 1800 654 301

