First visit checklist: what to bring

For a first consultation or a second opinion. Having your records together saves time and helps your doctor give clearer advice.

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Documents and records

- ☐ Photo ID, and any hospital registration or referral papers you were given
- ☐ **Biopsy / pathology report(s)**, and the pathology slides and tissue blocks if the lab will release them (usually in a labelled envelope)
- ☐ **Scan reports** (ultrasound, CT, MRI, PET-CT) and, if you have them, the scan images on a disc or by link
- ☐ Blood test reports, including any tumour marker results
- ☐ Earlier Pap smear, HPV test or colposcopy reports
- ☐ Discharge summaries and operation notes from any earlier surgery or hospital stay
- ☐ Records of any chemotherapy or radiation you have already had
- ☐ Insurance or health-scheme cards and any pre-authorisation papers

Medicines and allergies

List everything you take, including tablets, injections, vitamins, herbal and Ayurvedic products. Bring the strips or bottles if you can.

Medicine or supplement	Dose	How often	Taken for

Allergies or bad reactions to medicines:	

Your story, in short

- ☐ When the symptoms began, and how they have changed (your *Symptom diary* helps here)
- ☐ Your periods or menopause: age at menopause, or the first day of your last period
- ☐ Pregnancies and children, and whether you hope to have a child in future
- ☐ Past illnesses and operations, including any treatment for the cervix
- ☐ Your most recent cervical screening, if you have had one

Cancer in your family

Some cancers run in families. List any relatives on either side who have had cancer, especially ovarian, uterine (womb), breast, bowel or pancreatic cancer.

Relative (e.g. mother, aunt)	Type of cancer	Age when diagnosed

On the day

- ☐ Bring a family member or friend to listen and take notes with you
- ☐ Bring your *Questions to ask your doctor* sheet and a pen
- ☐ Wear comfortable clothing, as you may be examined
- ☐ Check your appointment confirmation for the time and place before you leave
- ☐ Ask for copies of your reports at the end of the visit, and for the plan in writing