

Worried about cancer?

Here's your **READY LIST** ✨ to help you prepare for your GP appointment.

R

Remember to bring a list of your symptoms and questions.

E

Everyone has the right to be seen and heard.

A

Ask questions. What will happen next and when?

D

Don't worry, you're not wasting their time and your health is important.

Y

You know your body and you're taking the best next step by going to the GP.



Cancer affects people of all ages, genders and ethnicities.

Give the GP as **much information as possible** about your concerns.



Use **notes** and read from these.



You **don't** need to use medical words.

If your GP refers you for further tests, you can ask:

- What are the next steps?
- What tests will I be having? What are these tests looking for?
- When will I get my test results?
- Who do I contact if I don't hear about my test results?
- When should I hear about my next appointment?
- What should I do if I don't hear about my next appointment?

For more information, scan the QR codes:



[coppafeel.org/
advice-for-going-to-the-gp](http://coppafeel.org/advice-for-going-to-the-gp)



[teenagecancertrust.org/
gp-advice](http://teenagecancertrust.org/gp-advice)

Be proud of yourself for getting checked out!

CoppaFeel! is a registered charity in England and Wales (1132366) and Scotland (SC045970)

Teenage Cancer Trust is a registered charity: 1062559 (England & Wales); SC039757 (Scotland)

Version 1, December 2025. We will review this in 2027.

