



While you wait for test results

Get a follow-up path so waiting does not become guessing.

A note from Victoria

Waiting can take over every quiet moment. You deserve a clear answer about when to expect results and what to do if they do not arrive.

What to do

Ask the ordering clinician which result is pending, the expected time frame, how it will be shared, and who to contact if it is late. Write down any symptoms that require earlier clinical contact or urgent care, using the team's instructions. Do not interpret a portal flag alone or change treatment based on this worksheet. Keep one place for questions the patient wants answered and include them in the call when possible.

Words you can use

"When should we expect this result, who will explain it, and what should we do if we have not heard by then?"

One useful step I can take today:

I could start with: Record the expected date, contact number, and the question the person receiving care most wants answered.

The strength I see in you

You are asking for a follow-up plan, not demanding certainty no one has yet.



While you wait for test results

Use this page in your own words. You can leave any part blank.

The test and expected result date

Who will explain the result

What the care team said warrants a call sooner

My next manageable step

A person, service, or place I can turn to (if useful)
