Patient Empowerment Network

5 Things to know about

Managing scanxiety

Waiting for a cancer scan or scan results can cause worry or stress. These feelings are sometimes called “scanxiety.” Learning ways to manage scanxiety may help you feel more prepared and supported.

1 Know that scanxiety can happen

You may feel worried before a scan or while waiting for results. Knowing what is causing your stress can help you find ways to cope.



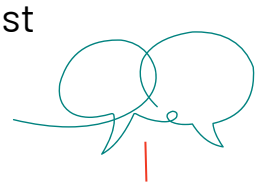
2 Learn what to expect

Ask your healthcare team what will happen before, during, and after your scan. Knowing what to expect and when you may get your results can help you feel more prepared.



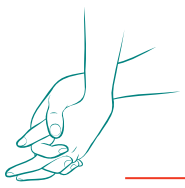
3 Find ways to manage stress

Deep breathing, meditation, music, walking, or other activities you enjoy may help you relax. Find what works best for you before and after your scan.



4 Talk about how you feel

Tell your healthcare team if you are feeling worried or overwhelmed. You can also talk with a care partner, social worker, patient navigator, or someone you trust.



5 Focus on what you can control

Write down questions for your healthcare team and plan something you enjoy while you wait. Taking small steps can help you feel more in control.

