

Cancer genetic testing

1. Gather what you know

Use privately before and during a genetics appointment. Include biological relatives on both sides of the family. Mark unknown or approximate details. Take incomplete notes if needed; do not delay care while collecting records. Use initials or relationships instead of full names.

Prepared on / appointment date: _____

Genetics service / contact: _____

My main question: _____

My history and records

Cancer or relevant finding / age at diagnosis: _____

Prior genetic test / lab / date (bring report): _____

Any treatment decision waiting on testing? _____

Family history

Record the original cancer site if known. If the site or age is uncertain, say so. Add a separate sheet for more relatives.

Relative 1: relationship / family side: _____

Cancer type / age at diagnosis: _____

Living / current age, or age at death and cause: _____

Known genetic result / report available / uncertain details: _____

Relative 2: relationship / family side: _____

Cancer type / age at diagnosis: _____

Living / current age, or age at death and cause: _____

Known genetic result / report available / uncertain details: _____

History gaps (adoption, limited contact or other): _____

Records to request, with the relative's permission: _____

Keep notes securely. Share reports only with people you choose. This worksheet stays with you; Yenra does not collect the completed information.

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2. Turn questions into a follow-up plan

Before the sample

What decision could testing help us make? Inherited-risk, tumor testing, or both?

Who should be tested first? Which genes or family variant will the test cover?

What could each result change, and what might remain unanswered?

Costs, coverage and prior authorization for counseling, testing and follow-up?

Who can access results? What sample, sharing and privacy choices do I have?

When will results arrive, and who will explain them?

At the results visit - complete with the clinician

Test / laboratory / report date: _____

Purpose / genes / exact result (attach report): _____

What is established, and what remains uncertain? _____

Negative: was a known family variant excluded? _____

VUS: who handles reclassification updates? _____

Screening or care plan considering my history: _____

Relatives to inform / family letter available? _____

Next action / responsible person / due date: _____

Follow-up contact / when to check back: _____

VUS means variant of uncertain significance. Ask how care will follow your history and established findings. A negative result also needs interpretation in context.

Background: CDC, *Family Health History and Cancer*; NCI, *Genetic Testing for Inherited Cancer Risk* (accessed October 11, 2026). Full links and explanations are in the guide below. The editable text version has space for additional entries.