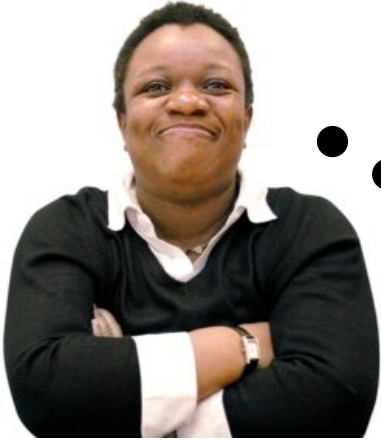


Mammogram



“Hi, my name is Janelle. Here are some things that I find helpful when I have to get a mammogram. I hope they help you too!”



- ✓ Ask to have an appointment that is at a time that is best for me.

- ✓ Remember not to wear any deodorant that day.



- ✓ Bring a friend, family member, or someone I trust to come with me.

I am nervous...

- ✓ Let the mammogram centre know that I might be a little nervous.

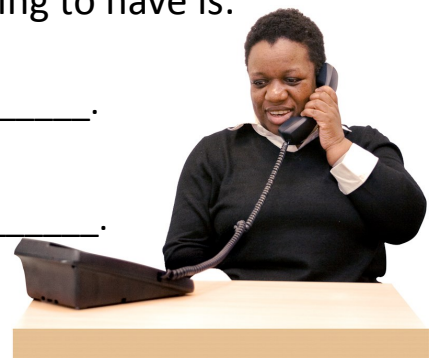


- ✓ Ask if I can sit down – if it is hard for me to stand up.

- ✓ Give myself a reward when I am done. The reward I am going to have is:

_____.

- ✓ If I think of other questions, I can call: _____.



FOBT Testing

F-O-B-T!

An "FOBT" is a test that checks my poop, to make sure that the inside of my belly – **my colon**, or **bowel** – is healthy. I will be given a "FOBT kit" then I will take this kit home, and will use it to collect samples of my poop.



I will probably need to collect 3 different poop samples. Then, the samples will be sent to a laboratory and checked to see if they are healthy.

Doing the FOBT might be a little hard, and a little messy. Some people need help to do their FOBT kit. A person that I can ask for help is:

_____.

Once I am all done my FOBT, I should give myself a reward for doing a job well done! The reward I am going to have is:

_____.



"Doing an FOBT kit is a very good idea!"

Would I like to learn more about FOBT?



Do I want to watch a video?

<http://ow.ly/ZtlrU>



Do I want to read a booklet and look at pictures?

This is from England, so some of the information is different for us in Canada.

A pap test and pelvic exam is a way for the doctor to make sure that women are healthy. This is done when they check inside our vagina. Some people might get nervous or feel a bit uncomfortable. But, this is important to do for health and it does not take long! The doctor will tell me how often I should have this done.



Would I like to learn more about a pap test & pelvic exam?



Do I want to watch a video? <http://ow.ly/ZtISM>

Or this one! <http://ow.ly/ZtJ5G>



Do I want to read a booklet? This is a booklet that can be printed out, and I can read at home. It is from England so some of the words might be different. It might also have information that is different from Canada, but it may still have information that is helpful.

<http://ow.ly/ZtJaX>



Do I want to listen to someone speak? This has drawings and a voice that I can listen to. This is on the computer.

<http://ow.ly/ZtJmF>

Pap test & Exam



There are lots of things I can do to help make my pap exam better.

- Learn more about the exam before the visit.
- Visit the clinic, see the exam room, and meet the provider.
- Have help making the appointment for the exam.
- See a video about the exam.
- Have someone with me - a friend, partner, relative, etc.
- Watch someone I know have an exam (mother, sister, friend).
- Decide if I would like to see a male or female doctor.
- See a provider who speaks/understands my language:
- Have the exam on an adjustable "high/low" table designed for people with mobility problems.
- Talk with someone about my fears.
- Practice breathing relaxation techniques to help me calm down.
- Bring and listen to my favorite music.
- Have a mild medication to help calm me down.
- Do other things before the appointment to help me be prepared
- Do other things at the time of the appointment to help me to remain calm.
- Know that I took good care of myself by having the exam.
- Reward myself afterward with something special

Special Exams



Type of Exam: _____

I successfully completed my exam on: _____.

I know I can do it again!

I will plan my next exam for: Month: _____ Year: _____.



These things were helpful to me, and I will do them again for my next exam:

- 1.
- 2.
- 3.

I will do these things differently for my next exam:

- 1.
- 2.
- 3.