



Discussing Hereditary Cancer Testing with Your Healthcare Provider

A PRACTICAL GUIDE



Understanding Hereditary Cancer Testing

Certain gene changes, called mutations, can increase the risk of cancer and be passed down within families. If you or a close family member (parent, sibling, or child) has had cancer, especially at a young age, or if multiple relatives were affected, this test can help clarify your risk.

Benefits of Testing:

- Understand your risk for hereditary cancer
- Guide cancer screening, prevention, and treatment decisions
- Clarify risks for your family members
- Facilitate important family discussions

Preparing for the discussion with your Healthcare Provider

1. Gather Family Cancer History

Collect information about your family's cancer history, including who was diagnosed, their relationship to you, cancer types, and ages at diagnosis. If a relative has already been found to have a hereditary cancer gene mutation, it is helpful to have their results/report.

2. Bring Required Documents

Print this guide along with the Hereditary Cancer Panel requisition form and bring both to your appointment with your healthcare provider.

3. Consider questions to ask

Some common questions to ask your healthcare provider to determine if this test is right for you are:

- What cancers are hereditary?
- Is the cancer in my family hereditary? Am I at risk of inheriting or passing on a cancer gene mutation?
- Am I a good candidate for hereditary cancer testing based on my family and personal history?
- What support is available if I have an increased risk?

4. Discuss the Hereditary Cancer Panel

Talk to your healthcare provider about whether this test is right for you.

How to get tested?

Once your healthcare provider confirms that the hereditary cancer panel is right for you:



Sign Requisition Form

Ensure you and your healthcare provider signs the requisition form.



Book a Testing Appointment

Schedule an appointment at your nearest LifeLabs location.



Blood Sample Collection

Get your blood sample taken at your scheduled appointment.



Pre-test Genetic Counselling

Receive support to learn about the risks and benefits of genetic testing, understand differences between sporadic and inherited cancers and to understand the types of results to expect.



Receive Results

Expect results within 4 to 6 weeks, sent via encrypted email or to your primary care provider.



Post-test Genetic Counselling

Receive support to help understand results and how it impacts risk and management.

Payment Options

You can pay for the test in two ways:

1. Online Payment

Pay for the test online. In this case, after purchase you will receive a partially-completed requisition form with an "EC" number populated at the top. Complete this form and obtain your healthcare provider's signature on that form.

2. In-person Payment

Pay at a LifeLabs location during your blood work test. Bring the completed requisition form including healthcare provider signature to your blood collection appointment.

Additional Resources

- [Hereditary Cancer Testing Information](#)
- [Hereditary Cancer Panel Requisition Form](#)
- [Gene List](#)
- Order and Pay for the Test Online: [ON](#) | [BC](#)
- [Hereditary Cancer Physician Guide](#)