

Writing for Fight Like a Girl's What to Expect Segment

Thank you for your interest in wanting to help empower others through personal experience about specific testing and procedures you've had done. This information will help warriors better understand what one can expect to be done, the pain that might be experienced and what recovery has been like for someone else.

Some things to keep in mind while you write:

- Doctors' Names and Hospitals may or may not be taken out of the written piece before publishing.
- Providing as many dates that are relevant to the piece as possible is very helpful, this includes the dates of the diagnosis, test, procedure, follow-up visits, etc.
- Please make sure you include the specific name of the test or procedure you had done, as well as the specific name of any diagnoses or symptoms that prompted the doctor to order the test or procedure.
- Some medical explanations are necessary when discussing certain parts of your experience, but the focus of these pieces should be your personal encounter of the process and sharing pain/sensations felt during each step.

Please make sure you answer the following questions if applicable:

- What was the name of the test or procedure you had done?
- What specialist did you see?
- Was there an area of localization?
- What brought you to having this test or procedure done?
- How old were you when you had this test or procedure done?
- Did you have to do anything specific prior to going in for the test or procedure?
- Was it outpatient or did you have to stay in the hospital? If you stayed in the hospital, how long did you stay?
- What sort of things did your care team warn you about? Such as possible complications, allergic reactions to be mindful of, healing and recovery care, preventative care, irritations, common pains and soreness, suggestions to help with pain and discomfort, etc.?
- What pains and/or sensations did you feel during the different steps of the test or procedure?
- What pains and/or sensations did you feel after the test or procedure? How long did these pains and/or sensations last?
- What emotions did you experience throughout the test or procedure?
- What was your recovery time like? Did you have any limitations for a period of time? If so, what were those limitations and how long did you have them?
- If it was a test, how long did you have to wait for results?
- Was there anything you found helpful before, during or after the test or procedure? For example, ice packs afterwards for pain, or asking someone else to drive you because you ended up feeling dizzy, etc.



When you are done writing, please make sure you sign the bottom of your written work with whatever name you would like to be featured on the published article (first name or initials only) and the date you initially wrote the article. You can submit your piece at:

<https://www.fightlikeagirlclub.com/share-your-personal-experience-for-the-what-to-expect-segment/>

If you have any questions or concerns, you can email us at support@flagc.com. Please give us a few weeks to review your work. Once reviewed and edited by our staff, we will email you to let you know if your piece is going to be published and possibly ask any follow-up questions that could be added to your piece.