



It is important to understand what your doctor tells you about your health. Your doctor might think you should take a medicine or start a treatment. It is important that you feel you can ask questions. Questions help you understand what you need to do to take care of yourself.

Talking with your doctor and asking questions about your care will help you get the best care possible.

You might have questions about:

- Your medical conditions
- How to take care of yourself
- Your next appointment
- How to take your medicine
- A visit to a specialist

WHAT TO DO BEFORE YOU SEE YOUR DOCTOR?

- Bring all the medicines you take or you can bring a list of your medicines.
- Make sure to include:
 - Prescription medicines
 - Non-prescription medicines
 - Vitamins
 - Dietary or herbal medicines
- Write down your questions.
- Know the medical conditions you have now.
- Make a list of any operation you had.
- Ask for help with transportation if you need it.
- Ask a friend or family member to go with you if you need help.

WHAT TO DO WHEN YOU SEE YOUR DOCTOR?

- Tell your doctor about:
 - How you feel.
 - Don't forget to tell your doctor if you feel sad or depressed.
 - Your health history.
 - Problems with your medicine.
- Ask questions so you understand what your doctor is telling you.
- Tell your doctor if you don't think you can follow the instructions.

- Ask your doctor about treatment choices.
- If your doctor asks you to take a test, ask questions like:
 - How is the test done?
 - How will it feel?
 - What do I need to do to get ready for the test?
 - How will I get my results?
- Tell your doctor about all the medicines you take.
- Tell your doctor if you are pregnant, nursing, or if some medicines make you feel bad.
- Ask if there are pamphlets you can read.
- Make your next appointment.

MY QUESTIONS FOR THIS VISIT



DO YOU HAVE QUESTIONS ABOUT....

- YOUR MEDICINE?
- A MEDICAL TEST OR LAB?
- A SURGERY YOU NEED?
- SEEING A SPECIALIST?
- A NEW SYMPTOM?

MAKE A LIST OF THE TOP 3 QUESTIONS YOU WANT TO ASK WHEN YOU SEE YOUR DOCTOR:

Question 1:

Question 2:

Question 3:

WHAT TO DO AFTER YOU SEE YOUR DOCTOR?

- Follow your doctor's instructions.
- If you don't understand the instructions after you get home, call your doctor.
- Talk with your doctor or pharmacist before you stop taking any medicine prescribed by your doctor.
- Call your doctor if your symptoms get worse.
- Make appointments to have tests done or see a specialist if needed.
- Call your doctor's office to find out your test results.

Sources:

- Agency for Healthcare Research and Quality, AHRQ Pub. No. 10(11)-0094-A, August 2011
- Cleveland Clinic, Questions to Ask Your Doctor, <http://my.clevelandclinic.org/patients-visitors/prepare-appointment/questions-to-ask-your-doctor>
- Tips for a Successful Doctor Visit, WebMD, <http://www.webmd.com/men/features/tips-for-a-successful-doctor-visit>
- Center for Advancing Health, Getting the Most Out of your Doctor's Appointment, <http://www.cfah.org/prepared-patient/communicate-with-your-doctors/getting-the-most-out-of-doctors-appointment>
- MedicineNet, Questions to Ask Your Doctor, <http://www.medicinenet.com/script/main/art.asp?articlekey=13683>
- The Joint Commission, Tips for Your Doctor's Visit, http://www.jointcommission.org/assets/1/18/speakup_doctors_visit.pdf

Readability Statistics

Counts	
Words	526
Characters	3561
Paragraphs	73
Sentences	42

Averages	
Sentences per Paragraph	1.1
Words per Sentence	8.5
Characters per Word	4.4

Readability	
Passive Sentences	2%
Flesch Reading Ease	82.5
Flesch-Kincaid Grade Level	3.8

OK