

Seeing your doctor in a new light

You and your doctor are partners when it comes to your health. They rely on the information you provide to help determine the best method of care. A little preparation can help you both make the most of the time at your appointment. To help, we have provided a checklist to help you prepare.

MY CHECKLIST

Things to do before your visit

- Ask a friend or loved one to go with you.** Their job will be to listen and take notes for you during the visit. If you are going alone, remember to take your own notes.
- Write your questions/concerns down.** Prioritize them, and talk about the most important ones first.
- Bring medications** with you or use the space below to list your medications and dosage. Be sure to include *all* over the counter medications and natural supplements you are taking, as they may have an effect on your prescribed medications.

| Medication | Dose | Medication | Dose |
|------------|-------|------------|-------|
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- List any new/additional healthcare providers
- Things that are going well
- Things that have changed, improved or worsened since my last visit

During the visit be sure to ask

- What is my blood pressure? What is my heart rate?
- Medication questions



(If you don't know, be sure to ask your doctor during the visit.)

Why I am taking this. | What the side effects are. | How I know it is working.



Things to remember during your visit

- » **Don't downplay your symptoms or feelings.** Remember, the people on your healthcare team are experts—try to tell them exactly how you are doing. An accurate diagnosis depends on it.
- » **If you don't understand something, ask for clarification.** Repeat back what your doctor said in your own words. This informs your doctor of what you understand and gives him and understanding of what he needs to clarify for you.
- » **Be honest about your treatment habits.** If you've been skipping treatment, it's important to inform your doctor. Your doctor understands that nobody's perfect! Your doctor may have tips that can help you get back on track and stay motivated.
- » **While it may feel a bit uncomfortable to talk about an issue, you should never feel any question is “bad.”** Your doctor is there to help you by answering your questions, and it likely won't be the first time he or she has heard it.
- » **Ask about follow-up.** What are the next steps? Do you need to schedule another visit? Do you need a second opinion? How does your doctor want you to keep in touch?

ADDITIONAL NOTES

My questions/concerns

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My test results

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Notes from my visit

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