Tips for your Doctor's Appointment

BEFORE YOUR APPOINTMENT

- [ ] **Make a list** of all your medications:
  - Prescriptions like blood pressure medication, antidepressants, and pain medication.
  - Vitamins.
  - Over-the-counter meds like aspirin, allergy medicine, and antacids.
  - Dietary or herbal supplements.
- [ ] **Jot down notes** about past health conditions and symptoms you've been experiencing.
- [ ] **List any questions and concerns** that you have leading up to the visit.
- [ ] **Ask a friend or family member to go with you.** Doctor's appointments can be emotional, overwhelming, and full of hard-to-decipher medical terms.

DURING YOUR APPOINTMENT

- [ ] **Discuss your notes** about symptoms, health history, and problems with your meds.
- [ ] **Be honest!** If something hurts, tell your doctor. If you haven't kept up with their instructions, tell them that, too.
- [ ] **Ask questions** to make sure you understand everything your doctor tells you.

- [ ] **If you think you can't follow instructions you're given**, tell your doctor. Being realistic and honest is the only way to create an effective treatment plan.

- [ ] **Don't be afraid to ask** what your treatment options are.

- [ ] **If you need a test**, ask questions like:
  - Why do I need the test?
  - How is it done?
  - How will it feel?
  - How do I prepare for it?
  - How and when will I get the results?

- [ ] **If you need a prescription**, let your doctor know if:
  - You're pregnant or nursing.
  - Having reactions to medications.
  - Taking vitamins or herbal supplements.

- [ ] **Find out what's next.** Ask for:
  - Written instructions.
  - Brochures.
  - Videos.
  - Websites.

AFTER YOUR APPOINTMENT

- [ ] **Follow doctor's orders.** Some rules were meant to be followed.

- [ ] **Need clarification or have new symptoms?** Don't hesitate to call your doctor.

- [ ] **Don't stop taking prescription meds** without talking to your doctor or pharmacist.

- [ ] **Make follow-up appointments** for tests or specialist visits right away so you don't forget.

- [ ] **Waiting for result?** Call your doctor to get them.