Ask-Your-Doctor Checklist

BEFORE THE VISIT

- Observe the problem.
  When did it start? What are the symptoms? Have you had this problem before? What did you do for it?

- What is your pain level?
  low          high

- Any changes in your life (stress, medication, food, exercise, etc.)?

- Does anyone else at home or work have these symptoms?

- Write down the medications you are currently taking.

- Questions you have for your doctor:
  1. 
  2. 
  3. 

DURING THE VISIT

- State your main problem.
- Describe your symptoms.
- Describe past experiences with the same problem.
- Remember to ask your doctor the questions you wrote down prior to the appointment.

HEALTH MANAGEMENT PLAN

- Write down
  Doctor's diagnosis (what is wrong).
  What might happen next?
  What can you do at home?
  What do you watch for?

- For medications, tests and treatments, ask:
  What is the name?
  Why is it needed?
  What are the risks?
  Are there alternatives?
  What if I do nothing?
  (For medications) How do I take this?
  (For tests) How do I prepare?

AT THE END OF THE VISIT, ASK:

- Am I to return for another visits?
- Am I to phone in for the test results?
- What danger signs should I look for?
- When do I need to report back?
- What else do I need to know?