



Getting the Most From Your Doctor's Visit

A trip to the doctor can be very informative, from getting your questions answered and concerns relieved, to learning to manage your condition.

However, to get the most from your visit to the doctor, it's wise to plan ahead and prepare for your time with the doctor.

Here are some simple steps to help you prepare for our next visit:

- Write down why you are going to the doctor and any questions related to why you are going.
- Write down any questions/concerns that are not directly related to your problem but that you might have been thinking about.
- Review your medication list from your Health Care Folder and be sure it is up to date. Look at each medication and be sure you know why you are taking it. If you are unsure why you are taking it or think the problem you were taking it for has gone away, add that to your list of things to ask the doctor.
- Take your Health Care Folder with you but do not let them keep any of the pages. Have them make copies if they need anything.
- If the doctor decides on a treatment that you do not understand or that you have questions about, ask the doctor to explain again. Tell him you may involve a Care manager to help you determine if this is the best plan.
- Do not let a doctor schedule surgery in a hurry without thoroughly understanding why. Involve someone else in the decision-making process - your Care Manager, a knowledgeable family member or a friend - someone who can be an advocate for you.
- If you feel uncomfortable going to the doctor by yourself to ask these questions, take someone else with you. A care manager might be preferable because doctor's pay a little more attention when there is another professional involved.