

Quick Tips for Your Next Doctor Appointment

Before Your Appointment

- Make a list of all your medicines:
 - Prescription medicines.
 - Nonprescription, over-the-counter medicines, such as aspirin or antacids.
 - Vitamins.
 - Dietary or herbal supplements.
- Write the questions and concerns that you want to discuss with your doctor below.
- If needed, ask a family member or friend to go with you.

My top three health concerns are:

During Your Appointment

- Talk about your symptoms, health history, and any problems with medicines you're taking.
- Tell your doctor if you've made any changes to your medications.
- Ask questions if you don't understand what your doctor tells you or if you have any concerns.
- If you need a test, ask questions such as:
 - How is the test done?
 - How will it feel?
 - How do I get ready for it?
 - How and when will I get the results?
 - Let your doctor know how you would like to get the test results.
- If you need a new medication, let your doctor know if you're pregnant, nursing, having reactions to medicines, or taking vitamins or herbal supplements.
- Find out the next steps. Ask for:
 - Written instructions
 - Brochures
 - Videos
 - Websites
- If you're referred for additional testing or to see another doctor, the office staff is available to help coordinate your care. Make sure you leave the office with a lab slip if needed and confirm:
 - The name of the provider.
 - The date, time, and location of the visit.
 - The name of the procedure or test.

After Your Appointment

- Always follow your doctor's instructions.
- If you don't understand the instructions after you get home, call your doctor.
- Call your doctor if your symptoms get worse or if you have problems following the instructions.
- Talk with your doctor or pharmacist before you stop taking any prescription medicines.
- Make appointments for any tests or specialist visits you need.
- If you don't hear from your doctor's office within the expected timeframe, call to find out your test results.

What did the doctor say to do about my health concerns?

Medical Appointment Tracker

Date	Clinic/Doctor	Purpose of visit	My to-do list	Changes to my medications	Next appt.

