

# Getting Ready for Your Next Appointment

The time you have with your doctor is very important to your health.  
Use this list as a guide as you prepare for your visits.

## Talking about prescriptions, treatments and test results

- Ask how you can learn more about your condition or if there are things you can do to ease your symptoms.
- Ask about side effects and how long different treatments will take. Find out which treatments are covered by your health insurance.
- Prepare for tests, if your doctor orders any (what you need to do to get ready; side effects; when you can expect results).
- Call your doctor's office and ask for your results if you do not hear from them when you are supposed to.
- Talk about all new medications. Ask why you need it and how to take it.
- Schedule a follow-up appointment (if necessary) before you leave the doctor's office. Don't wait until you get home, because you might forget.

## At the doctor's office or clinic

- Go over your list of questions.
- Take notes.
- Discuss your symptoms and any recent changes you may have noticed.
- Answer all of your doctor's questions honestly.
- Describe any allergies.
- Tell your doctor if you are pregnant or if you are trying to get pregnant.
- Tell your doctor or nurse if you are being treated by other doctors.

## Before you go to the doctor

- Make a list of your questions and concerns.
- Make a list of all medications.
- Call your doctor's office about health screenings and vaccinations.
- Call before your visit to tell the office if you have special needs.
- Ask a friend or family member to come with you, if you think it will be helpful.

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