What to Do During Your Health Care Appointment

☐ **Come prepared. Have your list of questions and medications handy.**

Fill out our Personal Medication Tracker and bring it with you. Review the list while in the waiting room. If your doctor has asked you to bring certain information, like a record of what you've eaten over the past week, make sure to have it ready as well.

☐ **Ask Questions.**

Prioritize the most important ones on your list and don't hesitate to reference the list to make sure all your questions are answered. Speak up right away if you are confused or have concerns. There is no need to feel embarrassed. You can simply interrupt and say, "Excuse me, I didn't understand what you just said. Would you please tell me again?" or "Would you try explaining that again in a different way?"

If you aren't happy with the recommended treatment or have other concerns, tell your doctor. You can express your concern, ask for brochures and other information, and inquire if there are other treatments to consider. You can also ask the following questions:

- Do I need to take the medicine and what is it supposed to do?

- When do I take the medication? How much do I take? How long do I take it?

- Are there possible side effects or symptoms I should be watching for? What should I do if I notice them?

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☐ **Double-check your understanding.**

You might be given a lot of information in a short period of time during your visit. Whether you are feeling confused or not, repeat the main points back in your own words to check how well you understood what you've just heard. If you've misunderstood something, the doctor or nurse will be able to correct you or provide a better explanation.

☐ **Take notes.**

This is a good way to remember what the doctor and other health professionals said by the time you get home. Notes are good reminders about symptoms to watch out for, medications and other instructions. If a friend or family member came to the appointment with you and took notes, talk with them about what was said and what you need to do.