

Before your visit

If you've ever left a doctor's office and realized you forgot to ask something, you're not alone.

Prepare for your next doctor's appointment with these tips. Write notes in the spaces provided and take this flier with you to your appointment.

1. Note changes in your health since your last visit.
2. Write down your questions and concerns. Which are most important? If you have a number of concerns, you and your doctor may need more than one visit to address all of them.
3. Note your symptoms and side effects. When did they start? How often do you have them? Have they changed recently?
4. List all your medications; better yet, put them in a bag and bring them with you.
5. Check your calendar. What other health care providers have you seen since your last visit? Did you go to urgent care or the ER? Received a flu shot or other vaccines?
6. Consider bringing a family member or friend with you. They can help ask questions.

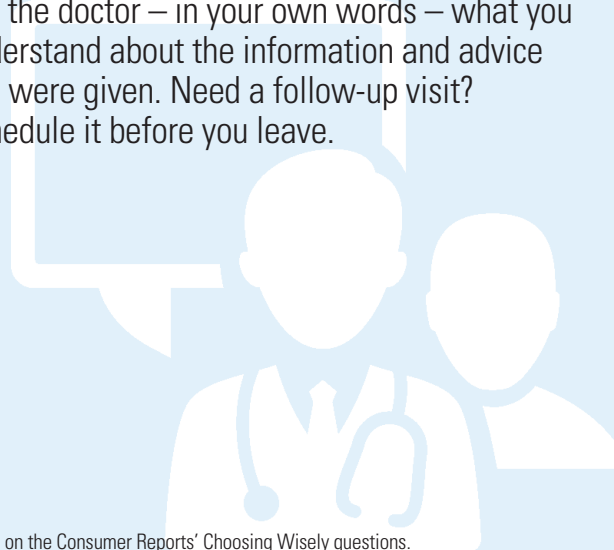
During your visit

You and your doctor are a team. Work closely with your doctor. Listen carefully, be open with your answers, and share what matters most to you. Explore options and choose wisely together – it's good for your health.

Before you get a test, treatment, or procedure, be sure you understand what's happening. Ask these questions and feel free to take notes in the spaces provided.

1. Can you explain how this test or procedure will improve my health?
2. What should I expect?
3. What risks or side effects do I need to be aware of?
4. Are there simpler or safer options for me?
5. What happens if I don't do anything?

Tell the doctor – in your own words – what you understand about the information and advice you were given. Need a follow-up visit? Schedule it before you leave.



Based on the Consumer Reports' Choosing Wisely questions.

Notes