Ask-the-Doctor Checklist

Use this checklist as a guide to help you prepare for any doctor visit:

Before Your Visit

- [ ] Prepare a list of your medications you are taking, including herbal supplements and over the counter medications.
- [ ] Compose a list of your symptoms and concerns. If you have seen a different doctor before for a similar problem, arrange for a copy of your medical records to be sent to your current physician.

During Your Visit

- [ ] State your problem or concerns first.
- [ ] Describe your symptoms.
- [ ] Describe any past experiences with the same problem.

If your doctor prescribes medication during the visit, ask the following:

- [ ] What is the name of the medication?
- [ ] Are there less expensive alternatives to this medication?
- [ ] What is the purpose of this drug?
- [ ] How should I take this drug?
- [ ] What are the common side effects?
- [ ] Are there any other medications (prescription or over the counter) that I should avoid while taking this medication?

At the End of Your Visit

- [ ] Should I return for a follow up visit? When?
- [ ] How can I obtain my test results?
- [ ] Should I watch for any specific problems or side affects?
- [ ] Is there anything else I need to know?

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