

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

Ask the following:

- 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?