

## During Your Doctor's Visit

- ❑ It is very important to be honest and upfront with your doctor. Don't be embarrassed or afraid to talk about a concern you have. Honestly discussing things with your doctor is the only way your doctor can really help you improve your health. It is important for your doctor to know what's working and what is not.



- ❑ Stick to the point. Given the short amount of time doctors usually have with their patients, it is important to give a clear, brief description of your condition or symptoms.
- ❑ Let your doctor know about major changes in your life – moving, changing jobs, a loved one's death or illness, change in relationship status, etc. All of these can impact your health and how you are feeling.
- ❑ Review your list or bag of medications and vitamins or supplements with your doctor so you are sure how and when to take them.
- ❑ Ask questions!! If you don't ask questions, your doctor may assume you fully understand and don't need any more information. If you don't understand the meaning of a word or instructions aren't clear, ask your doctor to explain them in a different way. If you are worried about the cost, say so.
- ❑ Use your notebook and pen to write down any instructions, notes or answers to your questions your doctor gives you.

