

Preparing for Your Doctor's Visit



The average doctor visit lasts only 15 minutes. A lot of information is shared during this time. Unless you are ready ahead of time, you may forget instructions your doctor gave you or forget to ask him or her a question you had planned on asking. If you plan ahead, it will help you and your doctor get the information you both need to make the most of your visit. Following is a list of items to take with you.

- A list of all questions, symptoms, and concerns you would like to talk about with your doctor. Use this checklist during your visit.
- A list of all current medications or bring all of your medications in a zip-lock baggie to your appointment. Be sure to include both prescription and over-the-counter medicines you are taking and their dosage. Also bring a list of any vitamins, supplements or herbs you are taking.
- A summary of your overall health condition. Include any food or drug allergies, diagnosed conditions, treatment history, medical history, etc.
- Results of any tests since your last visit (blood pressure, blood sugar readings, cholesterol levels, etc.)
- A referral from your primary care doctor if you are seeing a specialist and need a referral.
- Insurance cards and authorization from your insurance company when special services, tests, or treatments will be done.
- A note pad and pen to write down any notes or instructions.
- If you would feel more comfortable, take a trusted family member or friend with you to help you take notes or ask questions.

