

Questions to Ask

The **Big Three** – these are the most important questions you should always remember to ask.

1. What do I have?
2. How am I doing with it?
3. Is there anything else we should be doing?

Here are some ideas of other questions you may want to ask your doctor.

General

- What is the most important thing I should be doing to improve my health?
- How can I do this?
- Why is it important for me to do this?
- What goals should I set?
- What other parts of my body could be affected by my condition?



Medications

- What does this medicine do?
- What are the side effects?
- Are there any other options to the medicine I take?
- Are there generic versions or ones with less side effects?
- Should I take my medication with food?
- Are there any foods or drinks I should avoid when taking my medication?
- Is it okay to take over-the-counter medicine while taking this medication?

About Tests or Treatment

- Why is this test needed?
- Are there any risks involved?
- When will the results be ready?
- What do the results mean?