

Make the Most of Doctor Visits



Most doctor visits are short. Make every minute count.

Before my first appointment with a new doctor, ask:

- How long is the wait in the waiting room?
- How long will the appointment usually take?
- Where is the office? (Ask about directions and parking or public transportation.) _____

Before all my appointments, ask:

- Do I need to bring anything or do anything to get ready for the visit? _____

- (If I need an interpreter or a sign language interpreter.) May I meet with the interpreter before my appointment starts? _____ Use the **Communication Assistance** worksheet.

Things to bring:

- A list of questions and concerns
- A list of your prescriptions and over-the-counter drugs, or the containers
- Someone to help listen, ask questions, and take notes

During my visit:

- Review my questions and concerns with my doctor.
- Ask my doctor to write down my treatments or diagnosis.
- Ask about shots, routine tests and screenings I should have.
- Discuss any new prescription: what it is for, how to take it, what side effects to look out for, and costs.

Follow-up care:

- Slips for the lab or screening tests the doctor ordered
- New prescriptions
- Names and phone numbers of referrals
- If the referral needs to be approved, how long will it take and how will I be notified?
- Follow-up appointment