



Healthier  
**doctor visits**  
start well before  
**you check-in**

Tips on how to prepare for your next appointment so it's more productive.



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**BOLDER SHADE OF BLUE**

# Make your medical appointments healthier

## How to prepare for your doctor visit

When making the appointment, clearly state the reason for the visit so the proper length of time is scheduled. Most appointments last 15 to 20 minutes, so if you need more time, ask for it.

Make a list of questions, leaving space to write down the answers later while talking with the doctor. Or bring along someone else to write the answers for you. Use the sample questions included in this brochure to get you started. Choose the questions that apply to your situation and add questions of your own.

## Make the most of your time with your doctor

Be prepared to give your doctor any information needed to successfully treat you. That may include:

- a list of allergies, illnesses, hospitalizations, operations and any medications you are currently taking
- information about your general health, stress level, habits and activities
- a thorough and accurate description of your present illness or complaint, including as many specific symptom details as possible

Give frank, honest answers and say what's on your mind. If you're worried about something, say so. Don't be embarrassed when discussing personal topics. Chances are your doctor has heard it all. Make sure you understand everything the doctor tells you. If you're confused, ask more questions. Don't be afraid to ask that the explanation be simple and easy-to-understand.

Get instructions in writing, particularly the names of medications the doctor prescribes, how much to take, how long to take it or any problems you may have in taking it. Make sure your doctor knows about any other medications you may already be taking. Don't rely on your memory. And again, ask questions if there is something you don't understand.

Ask about any resource materials or websites that might help you learn more about your diagnosis or treatment.







