



# How to Prepare for Your Doctor Appointment

LiveLifeWell

Here's a helpful checklist you can print out each time you or a family member has a doctor appointment—so you can easily remember what to take with you. There's also a list of questions you might consider asking your doctor during your visit about your diagnosis, prescription drugs, specialists and more! For additional tips on being a well-informed health care consumer, visit [iLiveLifeWell.com](http://iLiveLifeWell.com).

## Things to Take With Me

- Insurance ID card
- Medical records from previous doctor/dentist (if applicable)
- X-rays or test results from specialist visits (if applicable)
- List of current medications, including over-the-counter and prescription, history and allergies

## Office Visit

What can I do to take care of myself? To increase wellness? Diet? Exercise?

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What kinds of screenings are appropriate for me? How often?

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Are there any other procedures/tests appropriate for my visit today; for example, a flu or tetanus shot?

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## Diagnosis

What is my diagnosis, and how can my condition be treated?

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If tests are required for diagnosis, what are they, and how much do they cost? What do I need to do to prepare for the tests?

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Is there more than one way to treat my condition? What risks and benefits are associated with each treatment?

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How much does each treatment method cost?

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Can I expect all my symptoms to go away? When?

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How much discomfort should I expect?

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Will I need to see a specialist? (If so, see Specialists questions, next page.)

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## Prescription Drugs

What are the side effects of the medication?

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What drug interactions do I need to know about?

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Are there any foods I should avoid?

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Is there a best time to take the medication? With food, or on an empty stomach?

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Do I need to finish the entire prescription? If this is a maintenance medication, can you give me both a 30-day prescription for the pharmacy and a 90-day prescription (with three refills) for the mail order service?

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## Specialists

Why am I being referred to a specialist?

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How did you choose this particular doctor? Is he or she in my network?

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How long have you been working with him or her? How do you work together to coordinate my care?

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## If Visiting the Hospital

Is the procedure inpatient or outpatient? What preoperative tests will I need? Can these be performed before my hospital stay?

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Will you or a specialist be performing the procedure? If so, will you also be visiting me in the hospital?

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Which hospital do you recommend? Why? Is it in-network?

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How many times have you done this procedure? How do your results compare with those of other doctors?

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What will happen during my hospital visit? How long can I expect to be in there?

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Will I receive a local or general anesthetic?

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Can I or my family members/friends donate any blood I may need?

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## About My Recovery

What will my recovery be like?

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What follow-up care will I need?

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Are there any diet restrictions or lifestyle changes I need to know about?

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