

Getting the Most Out of Your Medical Appointments

Before Your Appointment

Bring:

- ☐ Current medication list
 - ☐ Questions (written down!)
 - ☐ Recent blood pressure, blood sugar, or weight (if applicable)
 - ☐ Glasses and hearing aids
 - ☐ A family member or friend if you want another set of ears
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During Your Appointment

Don't leave until you know...

What do you think is causing my symptoms?

What are my treatment options?

What are the risks and benefits?

Are there alternatives?



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What happens if I do nothing?

Is there anything I should stop doing?

What should I watch for?

When should I follow up?

How will we know if this treatment is working?

What questions haven't I asked that I should?

Before You Leave

Can you answer:

- ☐ What is my diagnosis?
- ☐ What is my treatment plan?
- ☐ What happens next?

If not...

Ask again!