

Doctor's Visit Checklist

Review this checklist before a doctor's visit and take it with you.

Use the other side to write down notes if needed.

Step 1: Before the doctor's visit:

- Make sure you have the following:**
 - A copy of the list of current medications**
 - A medical insurance card**
 - A copy of the person's medical history including a list of allergies**
- Talk to the individual about the visit and questions for the doctor.**
- If the individual feels sick, what are the signs and symptoms?**

Step 2: During the doctor's visit:

- Ask the doctor to explain the diagnosis and the cause of the illness.**
- Find out what will help the individual get better.**
- Make sure all questions that you and the individual have are answered.**
- Questions to ask the doctor and/or pharmacist about each prescribed medication:**
 - What are potential side effects of the medication?**
 - How much of each medication should be taken and how often?**
 - Should the medication be taken with food or drink?**
 - What are foods or activities to avoid while taking the medication?**
 - Is it OK to take the medication with other medications the person is taking?**
- Questions to ask about tests ordered by the doctor:**
 - What is the test and why is it needed?**
 - Is there anything the person needs to do to prepare for the test?**
 - When will we know the results?**
- A question to ask when the doctor makes a referral to someone else:**
 - How do I make the appointment?**
- Questions to ask about follow-up:**
 - Are there more things to do that will help the person feel better?**
 - How soon should the person feel better?**
 - What should I do if they do not feel better?**
 - Are there warning signs I should look for? What do I do if I see them?**

Step 3: After the doctor's visit

- Get tests ordered by the doctor done.**
- Pick up prescription medications.**
- Follow-up and make appointments as requested by the doctor.**
- Monitor how the person feels.**
- Call the doctor back if the person does not get better or if their symptoms worsen.**