



Tips for your next Doctor Visit

Looking after your health is important, and so is making sure you understand everything the doctor tells you. Here are some tips for getting the most out of your doctor's visit.

If you don't understand what your doctor tells you the first time, it's OK to ask them to explain it another way. Here are a few questions to help:

1. What is my health problem?

- If the first explanation is too complicated, you can ask: "Can you explain that more simply?"

2. Do I need more tests?

- If the answer is "yes," then you can ask:
 - Why is the test important?
 - How is the test done?
 - Where and when do I get the test?
 - Is there anything I need to do before the test?

Your doctor is an important part of your health care team. Talk to your doctor today to take charge of your health and live healthier.



3. Will I need to take medicine?

- How will the medication help?
- Are there any risks or side effects to taking the medicine?
- How much medicine do I need to take and when?

4. Is there anything else I need to do?

Your doctor might recommend some lifestyle changes, like quitting smoking or eating a healthier diet. If you think that the lifestyle changes will be too difficult for you, there may be community resources that can help. You can ask:

- How and where can I get help to make these lifestyle changes?



To help remember important information from your doctor, you can:

- Ask your doctor to write down the most important information for you. Make sure you understand the information and ask questions to make sure it's clear.
- Write down any instructions or reminders for yourself.
- Bring a friend or family member to listen and take notes, especially if your health condition is serious and you may need some support.