Doctor Discussion Guide

Talking Tips & Conversation Starters:

- Your doctor will go over a lot of information at your appointment, and you may be worried about remembering everything you’ve discussed.  
  **Ask your doctor:** Can you write down the information we’ve gone over?
- You may have follow-up questions or concerns that come to mind after you leave the appointment.  
  **Ask your doctor:** What’s the best way to get in touch if an additional question comes up later?
- Your doctor used a complex medical term that you don’t understand.  
  **Ask your doctor:** Can you please explain what this medical term means in context of my health?
- Your diagnosis may point toward a major procedure, and you’re feeling hesitant to take this big next step.  
  **Ask your doctor:** Could you suggest a doctor to explore a second opinion?

What To Expect During Your Visit:

1. When you first arrive you'll be asked to sit in a waiting room.
2. Someone will check your vital signs.
3. Someone will take your medical history.
4. Someone will perform a physical exam.
5. They may ask to perform certain tests such as urine or blood.
6. A doctor will review your paperwork and answer any questions you may have.

Questions to Ask Your Doctor:

- What health goals should I set?
- How long will my symptoms last?
- What are my treatment options?
- What can I be doing to improve my health?