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. Someone 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?**