

Talking to Your Doctor



A good relationship with your doctor can give you more control of your health. Here are some tips to help you communicate about your health.

- Make a list of your questions, symptoms, and concerns before you go to the doctor
- Ask a family member or a friend to go with you to your appointment
- Sometimes, medical tests won't be ready for a few days. If so, ask if your results will be mailed to you or if you should expect a phone call
- Ask who will be available to explain the results to you
- Find out whom to call if you have questions after your appointment. And the best times to call



Following Health Advice

It's important to follow your doctor's advice. Use these questions to help you understand your doctor's directions.



If your doctor or nurse advises you to change your diet or lifestyle, you should ask:

- How these changes will help you feel better or improve your health
- What might happen if you don't follow the recommendations
- If there are any behaviors you should change (exercise, weight loss, diet changes)



If your doctor prescribes medicine, make sure you ask:

- Why has this medicine been prescribed?
- How and when do I take it? With or without food or other medicines?
- How often and how many a day?
- How long will I have to take it?
- What are the side effects? What should I do if I have them?
- Will this medicine interact with other medicines I am taking?

