



Learn More – Module 4

How to Make the Most of Your Doctor's Visit

Be prepared to talk about...

- ◆ Any medical tests or procedures you've had since your last visit. (Helps you avoid the inconvenience, discomfort, expense and potential risk of duplicate tests.)
- ◆ Medications (prescription and over-the-counter), vitamins and supplements you're taking .
- ◆ When symptoms began, how often you experience them, when you experience them (time of day/night), what you are doing just before you experience them.
- ◆ A full description of the symptom. For example, is it a stabbing pain, a throbbing pain, tingling, numbness, etc. Rate the intensity of pain on a scale of 1-10.
- ◆ Anything that makes your symptoms better or worse. Any hunches you have about the cause of your symptoms.
- ◆ Lifestyle changes you've made or are considering.
- ◆ Relevant medical history on yourself and your family.

Don't Hold Back

Be honest and complete in describing your symptoms and lifestyle, and in answering your doctor's questions. Withholding information makes it harder for your doctor to treat you effectively, and could even put you at greater risk. Remember, health care providers are required by law to treat your personal health information as confidential