

Tips for talking to your Doctor!

- Write down a list of symptoms, questions and concerns.
- Bring a list of all medications (prescriptions and non-prescription), especially ones causing allergic reactions.
- Speak up – ask questions on what you don't understand.
- Be honest.
- Don't be embarrassed to talk about sensitive topics.
- Bring along a family member or friend for support.

Questions to consider when talking with the doctor:

- What is the diagnosis?
- Why are the tests the doctor ordered necessary?
- Treatment –
 1. What are the benefits and risks?
 2. Are there alternative treatments?
- Medications –
 1. What are the side effects?
 2. How long does the medication need to be taken?
 3. Will the medication interact with current prescriptions?
 4. Is there a generic equivalent of equal value?
 5. Are there any types of food or activity to be avoided while on the medication?
- Is a follow-up visit needed?