

# HOW TO TALK TO YOUR DOCTOR

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- Don't go alone; if possible, it is helpful to have someone with you. Sometimes it is hard to remember everything that is said to you when you are in pain and nervous about the office visit.
- Take all X-rays, MRIs, medical reports, list of medications and reactions.
- Prepare a list of questions. Take notes if you need to. Don't feel intimidated; it's your body.
- When you talk about your pain, give concrete examples – what it feels like, what activity makes it worse, how long the pain lasts.
- If your doctor orders tests, ask about the following: what the tests are, the actual procedures, recovery time, if a caretaker is needed to provide transportation, aftercare, how to contact your doctor in case of emergency, and follow-up.
- If you are prescribed medication: ask what it does, write down how and when to take it, ask about possible side effects, find out what to do in the event of a bad reaction, ask how to contact the doctor.
- Feel free to ask the doctor about his/her experience with this specific disease/condition.
- You may ask for copies of office visit records and medical results for your personal records.

# QUESTIONS AND CONCERNS

Health care provider: \_\_\_\_\_ Date: \_\_\_\_\_

My goal for this appointment:

My questions	Provider's responses

Instructions: \_\_\_\_\_

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Follow-up appointment date: \_\_\_\_\_