

APPOINTMENT PREP GUIDE

1. Think about and decide which issues you would like the doctor to address during your appointment. Try to limit yourself to no more than 3 per visit so there is enough time to discuss them thoroughly.

2. For each issue, try to describe:

- your symptoms
- how severe they are
- how long they have been bothering you

Keep your descriptions clear and to the point. Do not get caught up in the details. If the doctor needs you to be more specific, she will direct you with her own questions.

3. Be familiar with and be ready to discuss:

- past procedures related to your issues
- all surgical procedures
- major lab and radiology test results¹
- allergies
- significant conditions in the family²

This will allow the doctor to become more familiar with your individual case, and figure out the best treatment plan for you to follow.

4. Bring an updated list of your current medications and dosages. You can use the *Medications List* form (located on our website under *Appointment Info*) to create such a list. If you have difficulty writing down your medications, please bring them to the office in their original containers so the doctor can refer to them during the appointment.

5. While you are talking to the doctor, do not hesitate to ask questions. She will be more than happy to repeat herself a second and a third time. It is extremely important that you comprehend everything the doctor tells you so you come away with sufficient knowledge about your issues and how to treat them.

6. During the appointment, make sure to write down the key points that you discussed with the doctor. Pay close attention to her advice regarding further testing and treatment. Follow it carefully. If you only do half the things that the doctor suggests, your health will likely not improve.

7. Trust the doctor! Her ultimate goal is for you to get better and she will try everything in her power to help you out.

¹ Examples include colonoscopies, endoscopies, CT scans, MRIs, mammograms, and pap smears.

² Examples include early onset (below age 50) of cardiovascular disease (heart attack, stroke, congestive heart failure), diabetes, thyroid disease, cancer, inflammatory bowel disease, connective tissue disease, blood disorders, and psychiatric disorders.