

## BEFORE YOUR VISIT

Use this space to write down important information before you visit with the doctor.

Are you taking any medications?  
(including prescriptions, but also herbs, vitamins, or medicine not prescribed by a doctor)

What are the symptoms that you are experiencing?

What questions would you like to ask?

Do you have any additional concerns?

## NOTES

What did your doctor say today?

Medications and Treatments  
(How often? For how long?)

## GETTING THE MOST



FROM YOUR VISIT

## BE OPEN AND HONEST

Your doctor or nurse practitioner wants you to get the most out of your visit.

The best way to do this is by communicating honestly and openly with them.

Let your doctor know what your concerns are.

Do not be afraid to ask questions if you have them.

Be sure to let your doctor know if there is something that you do not understand.

Use the tips in this brochure to help you interact with your doctor.

# How to talk with your doctor

- 💡 Be sure to tell the doctor all the symptoms that you have been experiencing.
- 💡 Tell the doctor if something is unclear or if you do not understand.
- 💡 It is important to understand your diagnosis.
- 💡 Let the doctor know if you have any concerns about the treatment prescribed, he or she will work with you to find the best possible treatment that you can use.
- 💡 Use the back of this brochure to take notes about your diagnosis and treatment.

## PRESCRIPTIONS

### What you need to know



Your doctor and pharmacist want to be sure that you are taking the right medications and, more importantly, that you know how to take them properly. Be sure that you have the answers to the following questions before you leave the clinic:

- ✦ WHAT IS THIS MEDICATION FOR?
- ✦ HOW WILL IT HELP ME GET BETTER?
- ✦ HOW OFTEN SHOULD I TAKE THIS MEDICINE?
- ✦ HOW LONG SHOULD I TAKE THIS MEDICATION FOR? SHOULD I FINISH THE BOTTLE OR ONLY TAKE IT UNTIL MY SYMPTOMS IMPROVE?