

# Appointment Checklist

## DURING YOUR VISIT TO YOUR HEALTHCARE PROVIDER:

- Explain why you made your appointment
- Ask your most important questions first
- Answer your provider's questions as completely and honestly as you can
- Make sure your healthcare provider tells you your diagnosis, or what's wrong with you. If you don't understand what is wrong with you and what you should do, ask questions. If questions come up later, write them down and be sure to call to get answers. Know the next steps for your treatment.
- Sometimes, people are shy about asking questions. But remember, no one knows your health like you do. You deserve to understand what your healthcare provider is telling you.

## IF YOU WANT TO KNOW MORE INFORMATION, CONSIDER ASKING YOUR PROVIDER THE FOLLOWING QUESTIONS:

- What is my diagnosis?
- Why is it important for me to have this treatment?
- How will this treatment help me? Do I have other choices? What are the pros and cons of each treatment?
- Excuse me, I didn't understand what you said. Can you please say it again in a different way?
- What is this test for? What will we learn from doing this test?
- What side effects do I need to watch for?
- What is this medicine for and why do I need to take it?
- Once I (or my child) starts on this medicine, how soon should I/they be feeling better?
- What happens if I don't take this medicine?

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**IF YOU WANT TO KNOW MORE INFORMATION, CONSIDER ASKING YOUR PROVIDER THE FOLLOWING QUESTIONS:**

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- Do I need to change my daily routine? Is there anything (vitamins, prescriptions, herbal supplements) I should not be taking alongside this medication?
- Find out what to do next – ask for written instructions, studies, summaries of risks and benefits, brochures, videos, or websites that may help you learn more.