



It Helps To Talk



Patient Consultation Planner

What would you like know by the end of your visit? Please list your three most important questions here.

1. _____
2. _____
3. _____

Is there anything in particular worrying you about your problem (complaints, symptoms, and feelings)?

How much control do you want to have in deciding which treatment options are best for you? Please number them in order of preference.

- A. ____ I prefer to make the decision about which treatment I will receive.
- B. ____ I prefer to make the final decision about my treatment after seriously considering my doctor's opinion.
- C. ____ I prefer that my doctor and I share responsibility for deciding which treatment is best for me.
- D. ____ I prefer that my doctor makes the final decision about which treatment will be used, but seriously considers my opinion.
- E. ____ I prefer to leave all decisions regarding treatment to my doctor.

Now please see the back for valuable tips on how to get the most from your visit today.



How to Get the most from a visit to your doctor.

Talking with your doctor about your concerns can make you feel more comfortable, and that's an important part of getting better. But when you're feeling ill and time is short, it may be hard to take in complicated medical information, or think of all the things you want to ask. Here are ways that you can help make it easier for both of you.

Before your visit:

1. **Make a list** of your symptoms, questions and concerns, medications you are taking, and any family medical history that may be important.
2. **Ask a friend** or family member to go with you to take notes, or just for emotional support.

At the doctor's office:

3. **Ask your most important questions** early in the visit. Your doctor will let you know if they can be answered today or if you will need a follow-up visit.
4. **Take notes** of your conversation to help you remember what was said.
5. **Tell your doctor as much as you can** about your physical illness, your thoughts and feelings, and anything that may affect your treatment decisions such as stresses at home or work.
6. **Ask if you don't understand** medical words or want more information. If it will help, ask for a picture or sketch that explains your illness, recommended treatments or tests.
7. **Repeat what you think your doctor said**, in your own words. Ask for written instructions.
8. **Learn some basic medical terms.** Ask the doctor for a booklet with a glossary.

When you get home:

9. **Keep a journal.** Write down what you have learned, your prescribed medications, reactions to treatment and questions as they occur.

Feeling overwhelmed? Please say so.

10. **Too many questions?** Too much information? Confused about treatment? Feeling rushed to make a decision, or just anxious and emotional? Please let your doctor know what is making you feel uncomfortable so we can work together to make it better. Never be afraid to ask for a second opinion.