



Tips for Talking With Your Doctor

Questions to Ask During a Medical Appointment

Medical Tests

- ✓ What will the test tell us?
- ✓ What does it involve?
- ✓ How should I get ready?
- ✓ Will insurance pay it? If not, how much will it cost?
- ✓ Are there any dangers or side effects?
- ✓ How and when will I find out the results? Can I get a copy?

Your Diagnosis

- ✓ What may have caused this condition?
- ✓ How long will it last? Is it permanent?
- ✓ How is this condition treated or managed?
- ✓ How will it affect me? What might be the long-term effects?
- ✓ How can I learn more?

Treatment Options

- ✓ What are my treatment choices?
- ✓ What are the risks and benefits?
- ✓ Ask yourself—which treatment is best for me, given my values and circumstances?

Medications

- ✓ When will it start working?
- ✓ What are common side effects?
- ✓ Will I need a refill? How do I arrange that?
- ✓ Should I take it with food? What time of day should I take it?
- ✓ Should I avoid anything while taking it?
- ✓ What if I miss a dose?

Prevention

- ✓ What can I do to prevent a health problem from developing or getting worse?
- ✓ How will changing my habits help?
- ✓ Are there any risks to making this change?
- ✓ Are there support groups or community services that might help me?