



Questions Are the Answer!

Before Your Appointment

Advocate for your healthcare safety. No one knows your body or situation better than you.

Make sure you get the best possible care by being an active member of your healthcare team. Being involved means being prepared and asking questions. Asking questions about your diagnoses, treatments, and medicines can improve the quality, safety, and effectiveness of your healthcare.

Taking steps to prepare for your medical appointments will help you make the most of your time with your doctor and healthcare team.

Prepare Your Questions

Doctor visits are typically quick. Prepare for your appointment by thinking about what you want to do during your next visit. Do you want to:

- Talk about a health problem?
- Get or change a medicine?
- Get medical tests?
- Discuss surgery or treatment options?

Write down your questions to bring to your appointment. The answers can help you make informed decisions, receive high-quality care, and feel better about your health.

Did You Know?

Patients who ask questions and take an active role are more satisfied with their care and see greater improvement in their health than patients who do not.



Other Helpful Tips

These steps will also help you prepare for your appointment:

- Ask someone to go to your appointment with you to help you understand and remember answers to your questions.
- Create a health history that includes your current conditions and past surgeries or illnesses, as well as all your medications. Bring it to your appointment.
- Know your family's health history, such as your parents' medical conditions.
- Bring all your medicines with you.