



## Questions Are the Answer!

### After Your Appointment

Advocate for your healthcare safety. Empowering yourself to get the right healthcare for you continues well beyond the appointment.

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. After you meet with your doctor, you need to follow his or her instructions to keep your health on track.

Your doctor may have you fill a prescription or make an another appointment for tests, lab work, or a follow-up visit. It is important for you to follow your doctor's instructions. Call your doctor if you are unclear about any instructions or have more questions.

#### Prioritize Your Questions

Create a list of follow-up questions to ask if you:

- Have a health problem
- Need to get or change a medicine
- Need a medical test
- Need to have surgery

#### When to Call Your Doctor

There are other times when you should follow up on your care and contact your doctor.

Call your doctor if you:

- Experience any side effects or other problems with your medicines
- Feel your symptoms get worse after seeing the doctor
- Receive any new prescriptions or start taking any over-the-counter medicines
- Haven't heard back with the results (do not assume that no news is good news)
- Do not understand the results

Asking good questions helps your doctor and healthcare team learn more about you. Your doctor's answers will help you make informed decisions, receive a higher level of care, avoid medical harm, and feel better about your healthcare. Your questions can also lead to better results for your health.

#### Did You Know?

A good doctor-patient relationship is critical to helping patients who have chronic diseases such as diabetes, high blood pressure, and heart disease manage their health problems.



#### Other Helpful Tips

These steps will also help you after your appointment:

- Discuss your appointment with the person you brought along with you to help you understand and remember answers to your questions.
- Add information from the visit to your health history. Bring it to future appointments.
- Continually update your family's health history, such as your parents' medical conditions.
- Bring all your new medicines with you to future appointments.