

QUESTIONS TO ASK

Your Physicians & Healthcare Team



MEDICATIONS

1

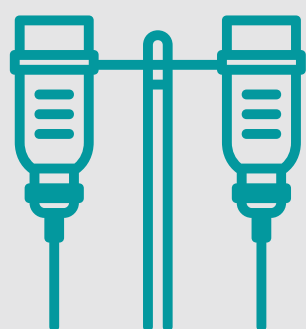
Before taking medication, ask why that medication is best and the benefits and risks that come with it.

2

Ask what happens if medications aren't covered by insurance companies.

3

Ask what you should expect from any treatments and/or medications prescribed (i.e. side effects).



TREATMENT & TESTING

1

Ask to look at your test results with your doctor.

2

Ask for other treatment options that may be available to you and your diagnosis

3

If any testing is ordered, ask how long the results will take to come back.

4

Ask the nurse/doctor your weight at every appointment and keep track of it in your journal.



WELLBEING

1

Ask what things you can do to improve your health (exercise, yoga, diet, etc.).

2

Always ask what the next step is. Make sure you and your doctor have a clear plan and you both are on the same page.

3

Ask if there are specific symptoms that you should be watching out for. Be sure to ask which symptoms should be reported immediately.

4

Ask which activities you should avoid (depending on the nature of your visit).

5

Ask when you should seek a specialist (depending on the nature of your visit).

6

Ask if their office can refer a physician for a second opinion. Also make sure their office schedules the appointment and sends over your medical records for you.