

Be Prepared for Your Doctor Visit

We often have many questions we'd like to ask our doctor, but forget them the minute they walk into the room. We may have symptoms for weeks that mysteriously disappear when we are trying to point them out to the doctor. The following questions may help you to prepare ahead of time and get the most out of your doctor visit.

- 1) What health problems do you want to talk to your doctor about? _____

- 2) What are your symptoms? _____

- 3) When did they start? _____

- 4) When do they happen? _____

- 5) If you have pain, describe it. Use a scale of 0 - 10 (0 = pain free; 10 = worst pain ever felt).

- 6) Where does it hurt? _____

- 7) When does it hurt? _____

- 8) What makes you feel better? _____

- 9) What makes you feel worse? _____

- 10) What prescription and over-the-counter medications have you been taking? (Bring bottles with you to provide your doctor with more information.) _____

- 11) What other therapies are you using? (acupuncture, chiropractic, homeopathy, magnets, massage therapy, vitamins, herbs, etc.) _____

- 12) Are you seeing any other health care providers (doctors, therapists, etc.)? If so, for what?
