

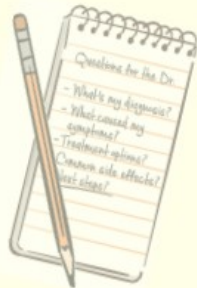
Doctor Visit Tips

BEFORE YOUR APPOINTMENT

A. PREPARE QUESTIONS

What do you want to ask? Write your questions down. You may want to bring up concerns with:

- Dizziness and balance
- Ability to do daily activities
- Mobility
- Shortness of breath
- Foot care
- Mood /outlook
- Vision
- Hearing
- Sleep quality
- Immunizations
(such as flu/pneumonia)



B. PREPARE ITEMS TO BRING

- Insurance, Medicare & ID cards
- Medical records or test results
- Current medications, including vitamins and supplements: make a list, or bring the actual containers.
- Consider asking a friend or relative to come along.
- Plan for an interpreter, if you will need one.

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Doctor Visit Tips

AT YOUR APPOINTMENT

- Discuss your **main concern** (the reason for the visit).
- Describe all of your **symptoms**.
- Report all **hospitalizations - falls - accidents** - and any other health incidents or emergencies since your last visit.
- Go over your **medications**. Talk about possible side effects, how to get refills, whether to take with or without food, and what to do if a dose is missed.
- Be sure the doctor knows **which other doctors** you see.
- ASK YOUR QUESTIONS** and take note of the answers. Write them down if it's helpful.

Ask about anything that isn't clear. For instance, say: *"I want to be sure I understand. Can you explain a little bit more?"*

- When is your **next appointment?**
- What **lab tests** or other things need to be done?



The Partnership
for a Healthier Carroll County

Healthy Aging Leadership Team