Tips for your doctor’s visit

Your visit to the doctor is your time to talk and learn about your health. Patients have a role in their health care, just like doctors, nurses, and other caregivers. This brochure includes tips for your visit to the doctor to help you become more active and involved in your health care.

Talking with your doctor

What you should do to prepare for your doctor’s visit.

Take all of your prescription and over-the-counter medicines, vitamins, and herbal supplements with you when you visit the doctor. If you cannot, bring a list. Include how much you take.

Write down this information to share with your doctor:

- Your health history. Include allergies and bad reactions you have had to medicines, and the dates of any surgeries and hospital visits.
- Your current health problems.
- Any questions you want to ask about your health.

Can a family member or friend help you?

Yes. You can ask a trusted family member or friend to come with you. They can be your advocate. Your advocate can help you ask questions, take notes and remember instructions.

What if you don’t understand what your doctor is saying

Tell the doctor you do not understand. Ask more questions to help the doctor understand what you need. Tell the doctor if you need someone who speaks your preferred language or who knows sign language.
The goal of the Speak Up™ program is to help patients and their advocates become more informed and involved in their health care.