

## Ask-the-Doctor

### Before you go to the doctor:

- Write down the medicines and vitamins you take.
- Write down your questions for the doctor.

### When you visit the doctor; tell the doctor why you are there:

- Tell the doctor if you want a check-up.
- Tell the doctor if you are sick.
- If you are sick, tell the doctor what is wrong.  
**Give the doctor your list of medicines.**

### During your doctor's visit, look at your list of questions and ask those questions.

### If the doctor wants you to take new medicine, ask:

- How can this medicine help me?
- When should I take it?
- Should I take it with food or water?
- How will the medicine make me feel?
- Can I take this with other medicine?

### If the doctor wants you to take a test, ask:

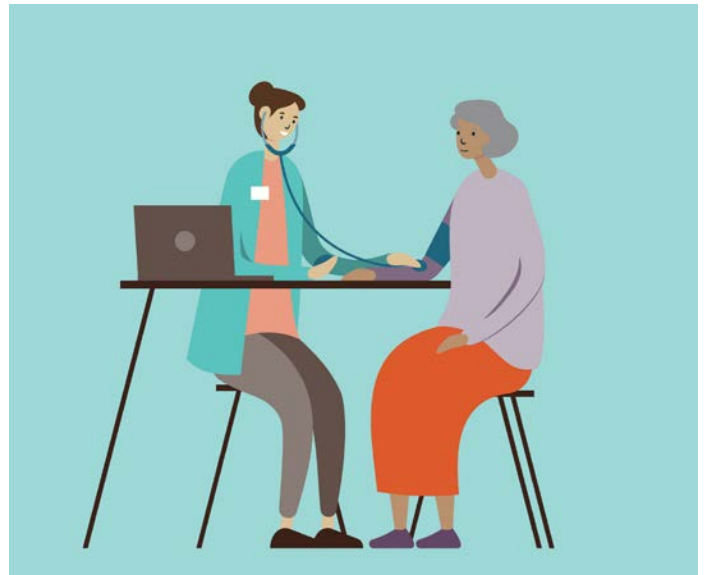
- How will the test help me?
- How should I get ready for the test?

### At the end of your doctor's visit, ask:

- Do I need to come back?
- If you have to come back, find out when.
- Ask what you can do to get ready.

### After the visit, write down:

- What the doctor said about your health.
- Any changes you are supposed to make.
- When you should go back to the doctor.





The medicine and vitamins I take:

Name of Medicine or Vitamin	Why I take it	Who said to take it	How much I take and when
1.			
2.			
3.			
4.			
5.			
6.			
7.			
8.			
9.			
10.			

Things you want to ask the doctor: