

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:

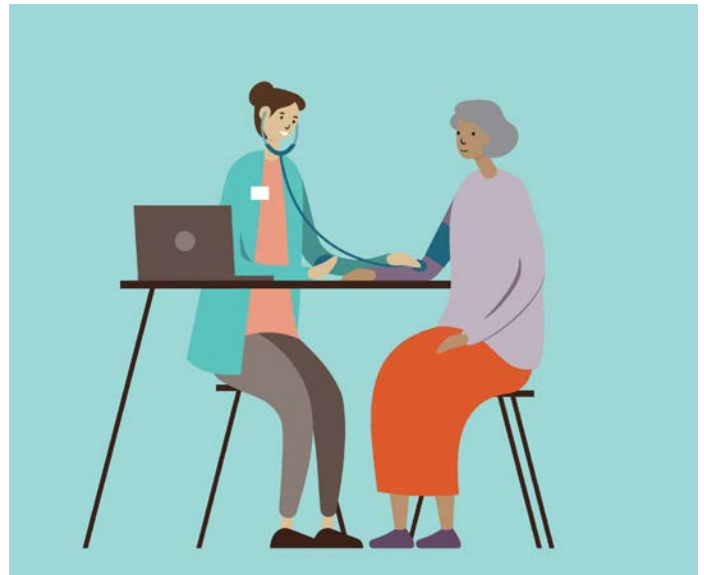
- ☐ How will the test help me?
- ☐ How should I get ready for the test?

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:

