



Tell & Ask the Doctor/Provider Checklists

(Make copies as needed. Use the lines to fill in the information.)

Checklist 1 – Before You Call or See Your Doctor/Provider

Your signs and symptoms (in the order they occurred and what makes them better or worse): _____

Results of home testing, such as your temperature: _____

Medicines you take (prescribed, over-the-counter, herbal products, vitamins, etc.): _____

Allergies to medicines, food, etc.: _____

Family and personal medical history: _____

Your lifestyle: Eating, drinking, sleeping, exercising habits, sexual functioning, etc.: _____

Concerns you have about your health and/or what you think the problem may be due to: _____

What you would like the doctor to do for you: _____

Your pharmacist's phone number and fax number: _____

{**Note:** If needed, have your medical records, results of lab tests and X-rays, etc. from other health care providers sent to your doctor before your visit.}



Checklist 2 – During the Doctor/Provider Visit or Call

Tell the doctor what you wrote down in Checklist 1. (Take the list with you.) _____

Ask your doctor these questions:

What do you think the problem or diagnosis is? _____

What, if any, tests are needed to rule out or confirm your diagnosis? _____

What do I need to do to treat the problem? Do I need to take medicine? How can I prevent the problem in the future? _____

When do I need to call or see you again? _____

How are costs handled for this visit and for tests? _____

Checklist 3 – After the Doctor/Provider Visit or Call

Follow your doctor's advice.

Call the doctor's office if you don't understand his or her instructions.

Tell your doctor if you feel worse, have other problems or side effects from the medicines, etc.

Keep return visit appointments.