

Preparing for Your Visit

Before you go:

1. Find out the basics, including address and parking. Always bring your insurance card and referral, if your plan requires it.
2. If you have more than one problem, tell the receptionist when you schedule your appointment.
3. Bring all relevant medical records with you, including lab tests, X-Rays, etc.
4. Make written lists of:
 - All medicines, herbs and vitamins you take
 - Your medical history, including treatments for any conditions
 - Your questions and concerns
5. Ask a friend or family member to come with you. If you need a translator, bring an adult, not a child.
6. Wear loose clothing that's easy to take off and put on. If you have a physical therapy appointment, wear athletic shoes and clothing that makes it easy for you to move around.

At the doctor's office:

1. Arrive 15 minutes early.
2. Be honest and complete when you talk to your doctor. Don't hold back about issues you might think are embarrassing.
3. Take notes and ask questions if you don't understand something. Please stick to the matter at hand.
4. Ask what to expect, how treatment will affect your life, and what you can do to keep the problem from getting worse.
5. Ask your doctor for handouts, brochures or websites you can review at home.
6. Talk to physician assistants, nurses or therapists with questions or concerns.

When you get home:

1. Follow the doctor's instructions. Take all of the medicine you are prescribed, and make sure you follow the prescribed diet or exercise routine.
2. If your condition changes, tell your doctor.
3. Follow up with your doctor on test results, bad reactions to medication, or if your condition gets worse.

What to Bring to Your Appointment

- Insurance card
- Films, MRI or X-ray scans (current for the involved body part)
- Previous operation notes (current for the involved body part)