

# Guide to Talking to the Doctor

Trips to the doctor's office can leave you harried and overwhelmed. As a result, important questions can be forgotten. Here is a list of suggested questions to consider bringing with you to your loved one's next appointment.

## Symptoms

Here are the symptoms my mother is experiencing. What could be causing them?

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## Diagnoses

- What illness or condition does/could my loved one have? \_\_\_\_\_
- How is the condition or illness diagnosed? \_\_\_\_\_
- What are the treatment options? \_\_\_\_\_
- What is the most effective treatment? \_\_\_\_\_
- What are the causes of this condition or illness? \_\_\_\_\_
- What is likely to happen with and without treatment? \_\_\_\_\_
- Are there common complications associated with this illness or condition?

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## Medications

- What is the name of the medicine you are prescribing? \_\_\_\_\_
- What is its benefit? \_\_\_\_\_
- Is a generic drug available? \_\_\_\_\_ How often should the drug be taken? \_\_\_\_\_
- What are the risks and side effects? \_\_\_\_\_
- How long should he take the drug? \_\_\_\_\_
- Could this medicine interact with any medications he's currently taking? \_\_\_\_\_
- What foods, other medicines or activities should he avoid while taking this drug?

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## Diet and Exercise

- Are there foods that my loved one should avoid? \_\_\_\_\_
- Should my loved one eat more of a certain type of food? \_\_\_\_\_
- Do you recommend vitamins or supplements? \_\_\_\_\_
- How often should my loved one exercise? \_\_\_\_\_
- What types of exercise are safe? \_\_\_\_\_
- What types of exercise are not safe? \_\_\_\_\_

## Tests

- Are tests necessary? \_\_\_\_\_
- What will they show? \_\_\_\_\_
- What preparation is needed? \_\_\_\_\_
- When will we get the results? \_\_\_\_\_
- What do the test results mean? \_\_\_\_\_

## Surgeries

- Why does my loved one need surgery? \_\_\_\_\_
- How is the surgery performed? \_\_\_\_\_
- Where will the surgery be performed? \_\_\_\_\_
- Are there alternatives to surgery? \_\_\_\_\_
- What risks are associated with this operation? \_\_\_\_\_
- What kind of anesthesia will be used? \_\_\_\_\_
- What is the average recovery time? \_\_\_\_\_
- How much experience do you have performing this type of surgery? \_\_\_\_\_

## Costs

- What costs can we expect? \_\_\_\_\_
- Will my loved one's insurance cover this test or treatment? \_\_\_\_\_
- What can we do to reduce costs? \_\_\_\_\_

## Follow-Up Care

- Do you have any written information that we can take home? \_\_\_\_\_
- Is a follow-up visit necessary? \_\_\_\_\_ If so, when should we follow up? \_\_\_\_\_
- If we think of questions later, how can we contact you? \_\_\_\_\_