

OBTAINING THE MOST FROM THE VISIT TO YOUR DOCTOR

TAKE SOMEONE WITH YOU

There may be a lot of information to absorb and remember, or you may receive news which is traumatic or unexpected. In this case it is good to have someone else with you who can act as a second memory. If not, WRITE IT DOWN whilst in with the doctor.

TELL THE DOCTOR ALL YOUR MEDICATIONS

This includes not only the prescribed medications from ALL your medical practitioners, but also any over the counter or complementary medications or vitamins. Don't forget to mention any recreational drugs you may be taking.

WRITE DOWN YOUR QUESTIONS

Over the few days before your appointment take time to write down your questions. This way you won't forget things in the pressure of the moment. If you don't understand something, ask the doctor to explain, and if necessary, write it down for you.

TESTS

If the doctor suggests tests ask why they need to be done and how much it will cost you. Ask what will happen if you don't have them.

MAKE A DOUBLE APPOINTMENT

If you think you might need more time, make a double appointment. This will avoid pressure on both yourself and the doctor.

DRESS APPROPRIATELY

This may sound silly but think about the sort of examination you might have. For example, if it is likely you will need a chest examination and you have difficulty with your hands, then a pull on top would be easier than a myriad of buttons.

ASK FOR COPIES OF TEST RESULTS

Over time this will be an invaluable reference for you. Connect to the electronic health record (PCEHR), and encourage your clinicians to do so too.