

WHAT TO DO DURING A VISIT WITH YOUR DOCTOR

DURING THE VISIT

1

In One Ear and Out the Other?

Most patients forget the information they hear at an appointment, and only half of what they remember is correct!" Take notes or ask for permission to record your visit. You can always ask your doctor or nurse to write down instructions for you.

3

Teach Back the Doc!

Repeat your diagnosis, treatment plan, and what you heard back to your doctor or nurse. Chances are if you can't recap what you are supposed to do, you won't do it. This also helps clear up any miscommunication.

4

More is Not Always Better.

Know the difference between more care and better care. Find out why a test or treatment is needed and how it will help you. More care can sometimes expose you to unnecessary risks, and you may be better off without it.

5

Tick Tock.

Maximize your time with the doctor, and prioritize the order of your questions and key issues so you get to what's important first.

2

Errr?

Ask for clarification. If your doctor or nurse uses words you don't understand, ask them to clarify to ensure you get the facts you need to make an informed decision.

The average medical visit is only 20 minutes.⁸ It's important you use that time wisely, so you can share what's relevant, ask the right questions, and get the answers you need to help alleviate your anxiety and understand next steps.

