

6 To Do's

Before a Doctor's Visit

Being prepared for a doctor's appointment will help ensure a more productive office visit and increase the potential for a more effective outcome.



Tip #1

Make a list of current medications & dosages.



Tip #2

Be aware of any allergies or sensitivities to medications.



Tip #3

Know your family history.



Tip #4

Bring a detailed record of your medical history.



Tip #5

Write down any questions you may have.



Tip #6

Think about bringing a family member or friend for support.