



How to Make the Most of Your Doctor's Visits





Did you know that the average amount of time a physician spends face to face with a patient is eight minutes? This is about the same amount of time it takes to grab a coffee or order something on Amazon. So how do you ensure that you get the most out of these precious moments with your doctor? Here some tips to ensure that you make the most of your time in the company of a Medical Care Professional.



Before You Go



1. Gather relevant documents for your visit, including:

- Copies of test results, x-rays, or medical histories relating to the reason for your visit
- A list of all current medications and herbal supplements and vitamins
- Pre-authorization or referrals from insurance as necessary

PRO TIP: Looking for a convenient place to securely store all important medical documents AND maintain an active list of you or your loved one's medications? Download the FREE Caring Village app and access all documents and current medication lists right in the palm of your hand.



2. Review directions from your doctor regarding your appointment.

- Review all prior directions from your doctor to ensure you understand and adhere to all dietary or medicinal restrictions for your appointment.



3. Consider bringing a friend or family member to help you take notes and/or provide transportation.



4. Determine what you want to get out of the appointment. What is your objective?



5. Prepare a list of specific questions you want answers to and the concerns you would like to address.



During Your Appointment

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1. Take notes! Make sure to recap what you heard the doctor say and the next steps you are to take.

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2. Do not leave until you are clear about your diagnosis, what your options are, and what treatment will entail.

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3. If you require additional tests, consults, or second opinions, ask if the office will assist you in scheduling those appointments.

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4. Ask questions for clarity when things are not clear.

After Your Appointment

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1. Schedule appointments for additional tests, consultations, second opinions, or hospital admittance as necessary.

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2. Pick up or order any prescribed medication.



20 Examples Of Questions to Ask During Your Doctor's Appointment

1. What tests are involved in making a diagnosis?
2. How safe/accurate are the tests?
3. When will you have the results?
4. What is my diagnosis?
5. How serious is my condition?
6. Will my condition affect my quality of life?
7. What is the short and long-term prognosis for my diagnosis?
8. How many cases like mine have you treated?
9. How is the disease or condition treated?
10. What are my treatment options?
11. How long will I require treatment?
12. Where will I go for treatment?
13. What are the risks and benefits associated with the treatment?
14. What would happen if I delayed treatment?
15. Will treatment affect my lifestyle?
16. Does my disease condition require surgery?
17. What procedure are you recommending?
18. Are there alternatives to surgery?
19. How much experience do you have performing this surgery?
20. Where do you recommend I go for a second opinion?