



Communicating with Your Doctor

MU Patient Education Series

It is very important that you are talking with your doctor about your health and plan of care. Patients, who understand their providers are more likely to accept their health problems, understand their treatment options, change their behavior and stay well.

Before visiting the doctor write your questions down in a notebook. Asking questions is important but you need to make sure you hear. Take notes, or bring someone with you that can do that for you. If you don't understand or are confused, ask your doctor to explain. Getting answers can help you make better decisions, get good care, and feel better.

QUESTIONS I SHOULD ASK MY DOCTOR:

- What is my diagnosis?
- What are my treatment options? What are the benefits of each option? What are the side effects?
- Will I need a test? What is the test for? What will the results tell me?
- What will the medicine you are prescribing do? How do I take it? Are there any side effects?
- Why do I need surgery? Are there other ways to treat my condition? How often do you perform this surgery?
- Do I need to change my daily routine?

OTHER TIMES TO COMMUNICATE WITH YOUR DOCTOR:

- If you experience any side effects or other problems with your medicines
- If your symptoms get worse after seeing the doctor
- If you receive any new prescriptions or start taking any over-the-counter medicines
- To get results of any tests you've had. Do not assume that no news is good news
- To ask about test results you do not understand

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