

# HOW TO PREP FOR A DOCTOR'S APPOINTMENT

*A visit to the doctor often only allows 15 minutes of face-to-face time with your doctor. Make the most of your next visit with the tips below.*

**1. Confirm accommodations** a week before your appointment by calling their front desk. See a few examples below:

- Make sure they take your insurance
- Go with a support person
- Ask for an interpreter
- Ask if they have an accessibility ramp
- Ask for information in your preferred language

**2. Make a list** of your concerns and questions and ask the most important ones first.

**3. Arrive at your appointment 15 minutes early.**

**4. Share your medical history!** Don't forget the names of current and former doctors and their specialties.

- Email this information to the doctor's office ahead of your visit
- Include previous conditions, allergies, surgeries, changes in symptoms and more

**5. Ask the right questions.**

- Ask the doctors to repeat or clarify if you don't understand
- Ask about the tests that your doctor orders
- Ask your doctor about medicine prescribed and how they may react with other medicine you are taking

This resource was adapted from a Rockford Ready sponsored episode of the Dr. Paula Radio Show

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