

HOW TO PREPARE FOR YOUR MEDICAL APPOINTMENT

Created by the SCOPE Patient Advisory Committee

BEFORE APPOINTMENT:

- Prepare to take notes or bring along someone who can. Arrange for an interpreter in advance., if needed.
- Bring a list of your prescriptions, over the counter medications,
- including their dosages. Include supplements and herbal remedies.
- Bring your health card.
- Bring complete contact information, including the fax number, for your pharmacy.
- Wear comfortable clothing that is easy to remove for an examination.
- Consider and prepare for any self-care needs you may have and make appropriate arrangements in advance.

APPOINTMENT TIME:

- A typical appointment lasts 15 minutes. Most of the time is allotted for the doctor to discuss your concerns and, if necessary, conduct an examination.
- Identify the main questions or concerns (including symptoms and their duration) you want addressed at your appointment.
- Identify family history that may be relevant to your medical concerns.
- Identify significant changes in your life (e.g. recent stressors, loss of a loved one, etc.).
- Mention allergies