



Questions to ask at your next doctor appointment



home state health
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Bring this sheet to your appointment and highlight the questions you have and/or add questions to the blank section.

If you are seeing your doctor for your annual wellness visit, you may need to ask:

1. Do I need any screenings today such as a colonoscopy (mammogram or pap smear for women)?
2. What is the right diet or exercise plan for me?
3. How do I best reduce stress?
4. Ask about vaccines you may need (flu shot annually and Tdap (tetanus) every 10 years). Older adults can get pneumonia or shingles vaccine, etc.
 - What can I expect after I receive this? (pain or redness to my arm?)

If you are experiencing a chronic illness or a new complaint, you can ask your doctor:

1. Do I need to see a specialist?
 - Who does the doctor recommend and how do I set up that appointment?
2. When do I need to follow up with your doctor?
3. Do I need any lab work?
4. Do I need any imaging such as an x-ray or ultrasound?

Questions you can ask your doctor about medications:

1. Bring in a list or the containers for all medications you currently take from all your doctors. Include any over the counter supplements/vitamins or pain medications (Tylenol, Aleve) you take.
2. Ask your doctor about any side effects you are experiencing.
3. Let your doctor know if you need refills.

Helpful information for the doctor:

1. Keep a list of any medical diagnoses (diabetes, high blood pressure) you have had or surgeries (hysterectomy, appendectomy) and update your doctor regularly.
2. Keep a list of medications you are allergic to and make sure all your doctors are aware.



If you have additional questions for the doctor, add them in the blank space below.

Take notes. Remembering everything your doctor says can be hard. Write down any important information. Like your next appointment.

Be confident! Make it a goal to walk away from your appointment knowing exactly what you need to do next. If you are feeling unsure about anything, speak up and ask for help. Your doctors and nurses want to help.