Questions to Ask During a Medical Appointment

Medical Tests

✓ What will the test tell us?
✓ What does it involve?
✓ How should I get ready?
✓ Will insurance pay it? If not, how much will it cost?
✓ Are there any dangers or side effects?
✓ How and when will I find out the results? Can I get a copy?

Your Diagnosis

✓ What may have caused this condition?
✓ How long will it last? Is it permanent?
✓ How is this condition treated or managed?
✓ How will it affect me? What might be the long-term effects?
✓ How can I learn more?

Treatment Options

✓ What are my treatment choices?
✓ What are the risks and benefits?
✓ Ask yourself—which treatment is best for me, given my values and circumstances?

Medications

✓ When will it start working?
✓ What are common side effects?
✓ Will I need a refill? How do I arrange that?
✓ Should I take it with food? What time of day should I take it?
✓ Should I avoid anything while taking it?
✓ What if I miss a dose?

Prevention

✓ What can I do to prevent a health problem from developing or getting worse?
✓ How will changing my habits help?
✓ Are there any risks to making this change?
✓ Are there support groups or community services that might help me?