

Preparing for a Doctor's Visit:

Unsure of how to prepare for the appointment?

Here are five things to think about:

Who to Bring:

- *Natural Supports (Friend, Sibling, Parent)
- *Legal Guardian
- *Power of Attorney (Financial or Medical) plus paperwork
- *Representative Payee and their contact information
- *Contact list on patient's behalf

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Source: CDC.gov

Don't forget to Bring:

- *Your Insurance Card
- *Family Medical History
- *List of Medications/Alternative Therapies
- *Notebook and Pen

2



Source: getdrawings.com

List Questions You Have for the Doctor:

- *Any Symptoms you are having
- *Explain how you're feeling
- *Ask about your own medications

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Source: worldartsm.com

Accommodations: Do you need...

- *Accessibility in bathroom, clinic, or exam room?
- *Accessible Parking?
- *ASL or language interpreter?
- *Access to elevator?

4



Source: safetysign.com

Advice from Doctor:

- *Keep an open mind
- *Don't be embarrassed to ask more questions
- *Ask for a recap of what was talked about

5



Source: cliparting.com

Resources:

- 1) "5 tips to prepare for doctor's visits" Healthcare.gov Blog. 5th, Apr. 2018. Healthcare.gov.
- 2) Wen, Leana MD. "Preparing for your doctor's visit: 10 things to always bring." 23rd, Oct. 2012. KevinMD.
- 3) "Tips for a Successful Doctor Visit." Reviewed by Louise Chang, MD on 19th, Oct. 2007. WebMD.



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