

Preparing for Your Next Doctor's Visit

One of the most important relationships you will have during the course of your treatment is with your doctor.

This worksheet can assist you with being prepared before, during, and after your appointment with Ophthalmic Consultants Northwest physicians.

Suggested Ways to Prepare:

1. Make a list of the topics you want to discuss.

For example, discuss how you have been feeling since your last appointment. Are there any other treatment options available? If something is on your mind, bring it up with your doctor. The sooner you have the conversation, the sooner your doctor can address your needs and concerns.

2. Write down the questions you want to ask.

Putting the questions you want to ask on paper will allow you to be prepared in advance of your appointment. It is helpful to write things down to reduce the possibility that you may forget to ask your doctor important questions.

3. Speak up.

It's your right to get the information you need from your doctor. If the doctor explains something you don't understand, please ask him or her to clarify it for you.

4. Ask about medications and new treatment options.

If you have questions about a medication and its side effects, or you want information about new or different treatment options, don't hesitate to ask. For example, there are some eye drops that are instilled four times a day, while others only need to be instilled twice a day. It is your right to be an active participant in your healthcare, and it is important that you are confident about the instructions given to you. Your knowledge and understanding is an important part of your treatment and recovery.



Preparing for Your Next Doctor's Visit Worksheet

Continued

Use this form to prepare for your next doctor's visit:

Doctor's Name:

Appointment Date:

Office Address:

Reason for Visit:

Topics I Want to Discuss Today:

Update: Write down any new or recurring symptoms you may be experiencing.

How I've Been Feeling Since My Last Appointment:

Better Same Worse

Explain _____

Specific Questions I Have for the Doctor:

1. _____
2. _____
3. _____
4. _____