

Talking with Your Doctor

Tips for Making the Most of Each Visit

The tips below can help you prepare for and make the most of each doctor visit. These tips can also help you stay on track with treatment after your visit.

Before your office visit:

- Make a list of your questions, symptoms, and concerns. Bring this list to your next visit
- Ask a family member or friend to go with you to your appointment
- Make a list of all the prescription, over-the-counter, and herbal medicines and supplements you take, as well as their doses and how often you take them. Bring this list to your next visit

During your visit:

- Review your list of symptoms, questions, and concerns
- Review the medicines you are taking and ask about any changes that may need to be made
- Write down any instructions you need to follow after your visit. This may include changes to your diet or exercise routines
- Learn how to read food labels so you can know how much fat, salt (sodium), and cholesterol are in each serving
- Ask for the name and contact information of a person you can call if you have questions after your visit
- Ask your doctor when the results of any tests will be ready
 - Ask if the results will be mailed to you or if the office will call you
 - Ask to receive a copy of the results

After your visit:

- Use the Blood Pressure and Treatment Trackers on this site to help track your progress toward your health goals. You may also want to track changes to your blood sugar levels, exercise, diet, weight, and cholesterol
 - Bring this chart to your next visit and review it with your doctor
 - If you are not making progress or seeing change, ask your doctor what else you can do, or why your progress is slow
- Use a calendar, alarm, or pillbox to help you remember to take your medicines each day
- Call the doctor before starting any new medicine, including prescription, over-the-counter, and herbal medicines and supplements