



## Ask-the-Doctor Checklist

### **Before you go to the doctor:**

- Write down the medicines and vitamins you take.
- Write down your questions for the doctor.

### **When you visit the doctor:**

#### **Tell the doctor why you are there:**

- Tell the doctor if you want a check-up.
- Tell the doctor if you are sick.
- If you are sick, tell the doctor what is wrong.

#### **Give the doctor your list of medicines.**

### **During your doctor's visit:**

#### **Look at your list of questions and ask those questions.**

#### **If the doctor wants you to take new medicine, ask:**

- How can this medicine help me?
- When should I take it?
- Should I take it with food or water?
- How will the medicine make me feel?
- Can I take this with other medicine?

#### **If the doctor wants you to take a test, ask:**

- How will the test help me?
- How should I get ready for the test?

### **At the end of your doctor's visit, ask:**

- Do I need to come back?
- If you have to come back, find out when.
- Ask what you can do to get ready.

### **After the visit, write down:**

- What the doctor said about your health.
- Any changes you are supposed to make.
- When you should go back to the doctor.



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### The medicine and vitamins I take:

| Name of Medicine or Vitamin | Why I take it | Who said to take it | How much I take and when |
|-----------------------------|---------------|---------------------|--------------------------|
| 1.                          |               |                     |                          |
| 2.                          |               |                     |                          |
| 3.                          |               |                     |                          |
| 4.                          |               |                     |                          |
| 5.                          |               |                     |                          |
| 6.                          |               |                     |                          |
| 7.                          |               |                     |                          |
| 8.                          |               |                     |                          |
| 9.                          |               |                     |                          |
| 10.                         |               |                     |                          |



### Things you want to ask the doctor:

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