

Make the Most of Your Doctor's Visit

1. What can I do to prepare for my doctor's visit?

- Make a list of questions and concerns to discuss.
- Make a list of current medicines or bring the bottles. Include prescription medicines, over the counter (without a doctor's prescription) medicines like aspirin, and dietary supplements like vitamins, minerals, or herbs.
- Make a list of any other doctors you've seen and their contact information.



2. How can I make the most of my doctor's visit?

- Know your medical history, especially if this is your first visit. Note all past and current medical conditions. Include procedures like surgeries and alternative medicine like acupuncture.
- Tell your doctor about any medication allergies you have.
- Bring your emergency contacts' information and your insurance information.
- Bring paper and pen to take notes.
- Ask questions.

Key Points:

- Know your allergies, medical history, and medicines
- Prepare questions to ask your doctor.
- You have the right to take part in decisions about your health.

3. What should I ask my doctor?

Before you receive any test, treatment or procedure, ask:

- What is the purpose of this test, treatment, or procedure?
- What are the benefits and risks?
- What side effects can I expect?
- How quickly can I get the results?
- Who will be discussing these results with me?
- Are there any other options, and what are they?

For More Information:

Health Care Consumer Protection

Publichealth.lacounty.gov/hccp

Tips on how to find a doctor
mbc.ca.gov/Consumers/Choose_Doctor.aspx

4. What are my rights as a health care consumer?

You have the right to:

- Receive basic health information in your language.
- A fair process for resolving issues.
- Privacy including protection of your health care information.
- View and get a copy of your health information.