

Getting Ready to Talk to Your Doctor

From www.HealthyTransitionsLA.org

Here are some questions you might want to ask yourself before you go to your doctor's appointment. Just pick the ones that apply to your situation or condition.

- **Your health history**
 - What illnesses, surgeries, or injuries did you have in the past?
 - Do you have any conditions that have affected your health and lifestyle over time?
 - Do you have any allergies?
 - Are there any X-rays, test results, or medical records you could bring to your appointment? Your previous doctors can also send them to your new doctor.
 - Do you have any information about diseases or illnesses in your immediate family?

- **Recent changes in your health or symptoms you're having**
 - Are you feeling pain or discomfort?
 - Do you feel any nausea?
 - Do you have a fever?
 - Are there changes in your bathroom habits?
 - Do you have a rash?
 - Is there discharge or pus?

- **Changes in your lifestyle**
 - Are you sleeping less or sleeping more than usual?
 - Are you exercising less or more?
 - Do you find yourself eating less or more?
 - Are you sexually active or are you thinking about having sex?

- **Changes in your life that are causing you to feel stress**
 - Are there any major changes in your life lately?
 - Do you have any difficulties at home or in your relationships?
 - Are you having trouble at school?
 - Do you have low moods that last more than a couple of days?

- **A complete list of all your prescription drugs, over-the-counter medicines, vitamins, and herbal remedies or supplements**
 - Are you taking anything new?
 - Do you have allergies or bad reactions to any medications?

For more advice about how to have better communication with your doctor, go to the **Health Care & Clinics** page – there are several articles about having different types of conversations.