



Your Checkup Checklist

Be prepared to get the most from your medical visits by telling your doctors everything they need to know to treat your condition and asking plenty of questions. Here are some handy checklists to help you prepare for your next visit:

What to Bring With You

- A list of all the medicines you are taking. Remember to include over-the-counter drugs, vitamins, nutrition/diet aids, and herbal supplements.
- A list of your questions or concerns.
- A list of any food or drug allergies.
- Results of any tests since your last visit (blood pressure, blood sugar readings, cholesterol levels).
- Someone who can take notes and ask questions.

What to Bring Home

- Answers to your questions. (Write them down.)
- Results of tests taken in the office (blood pressure, pulse rate, EKG, etc.).
- Explanation of new or existing health conditions, and where to get more information.
- Instructions for getting results of out-of-office tests. For example, should you call the doctor or will the doctor call you?
- Advice for making behavior changes related to diet, exercise, smoking, drinking, etc.
- Clear directions for your prescribed medicines:
 - Why am I taking this medicine? (What condition does it treat?)
 - How should I take this medicine?
 - With or without food?
 - When and how often?
 - How long must I stay on the medicine?
 - What should I do if I miss a dose?
 - How should I expect to feel on this medicine?
 - Will I feel better right away?
 - Are there any side effects?
 - How will this medicine interact with other medicines, supplements, and herbal remedies that I am taking or might take?