



KNOW WHAT TO ASK YOUR DOCTOR

Why ask Questions?

Asking your doctor questions is expected in today's society. The best way to improve your care is to communicate with your doctor. Talking to your doctor builds trust, leads to better results, assists with quality and encourages safety. Be involved in your care and learn what to ask your doctor (Agency for Healthcare Research and Quality [AHRQ], 2012).

Because time is limited when you are in with the doctor, it is a good idea to write down some questions before your appointment. Your questions will help the doctor to understand you better. Listed below are some questions that you can ask (National Institute of Health [NIH], 2015).

Questions to ask (Cleveland Clinic, 2014)

- ♦ What is my diagnosis?
- ♦ What is the treatment plan?
- ♦ What other options do I have? And, what are the benefits of each option?
- ♦ What happens if I refuse treatment?
- ♦ How will this issue affect my life?
- ♦ Can you tell me about these new or changed medicines? Are there any side effects?
- ♦ Are there any tests, labs, or exams I should be worried about?
- ♦ When will I get test, lab or exam results?

- ♦ Is there anything I need to change to get better?
- ♦ Are there any support services or resources in the community?
- ♦ What symptoms should I watch for?
- ♦ Can you please provide written instructions, videos, or brochures for me?

It is great to ask questions, but make sure you understand. It may be necessary to bring someone with you to your appointment. Don't be afraid to take notes and ask for further explanation if needed (NIH, 2015).

Disclaimer:

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PATIENT EDUCATION SERIES: WHAT TO ASK

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