



Prepping for Your Doctor Visit checklist

As we are gracefully greying, doctor's visits become a more and more important focus of our lives. We spend more and more time in waiting rooms of doctor's offices and labs. Following are some tips to get the most out of your next doctor's appointment:

- Have someone with you if at all possible to make sure that all of your questions are answered. Sometimes when we are alone we may miss something and having a second person there can be helpful to make sure that you don't forget anything.
- Ask questions covering all of the issues that are important to you.
- Write these down in advance or at least have them on your computer or other device so that everything can be covered. Go through the list of questions with your doctor.
- Sample questions should include a list of your aches pains, and symptoms. Make it clear as to why you are visiting the doctor.
- What can the doctor do to help you?
- Should there be certain activities such as exercises that you should be doing?
- Should there be any changes in your meds?
- Should there be any changes in your diet or lifestyle?
- Has the doctor answered all of your questions? Make sure that you are comfortable and that you are not being rushed during the appointment.
- Has the doctor explained any necessary procedures or tests that may be involved?
- Is there going to be a need for diagnostic or lab tests? If so, what are the tests and what are the reasons for the tests?
- Will the doctor be available to explain any results in a timely basis?
- Will there be any need for a follow up appointment? If so, should you make the appointment now before you leave the office?
- If you are still uncomfortable with your appointment or what the doctor is telling you, feel free to get a second opinion.

This is your life and your health that you are dealing with. Do not be bashful and do not leave before all of your questions and issues have been covered.

Submitted by [Gracefully Greying](#) co-founder [Henry Gornbein](#), who has visited a lot of doc offices recently!