

QUESTIONS TO ASK YOUR DOCTOR

Here's a list of questions you should consider asking your doctor to help you get the most out of the time you spend with them.

Questions to Ask Yourself Before the Appointment

- What are my specific health concerns?
- Are there any medical tests I know I need?
- Do I need to get or change medication?
- Do we need to discuss an upcoming surgery or ongoing treatment?

Questions About Medical Tests

- What is this test for?
- Is it totally necessary?
- Are there any risks associated with the test itself?
- How much will it cost?
- Is it covered by my insurance?
- Are there alternative tests?
- What is the testing procedure?
- How long will it take?
- What will positive or negative results mean?
- Will the results affect my treatment plan?
- When and how will I receive the results?
- Who do I contact if I don't receive the results?
- Will I need further testing?

Questions About Diagnoses

- What is the condition called?
- How do you spell it? Can you write it down for me?
- Are there other names for the condition?
- Will it get worse?
- Are there other symptoms I should be aware of?
- Is it contagious?
- Does it require treatment?
- What are my treatment options?
- Should I see a specialist or get a second opinion?

Questions About Treatment

- What are all my options?
- What do you recommend?
- How effective is it?
- How much will it cost?
- Is it covered by my insurance?
- Is there a cheaper alternative that would still be effective?
- What are the risks and side effects?
- Which hospital or clinic is most suitable for my health and financial situation?
- How long will I need to continue treatment?
- Is there a safer alternative?
- Is it compatible with my current treatment?
- When and how should I take this medicine?
- How do you spell the name of that medicine?
- Are there any lifestyle changes I can make to help my condition?
- What would happen without the treatment?

Questions to Ask If You Are Over 65

- Which screenings do I need and how often do I need them?
- Do I need to be treated for depression?
- Should I be tested for STDs?
- How can I get better sleep?
- Are my eating habits appropriate for my age?
- How can I get the exercise I need without putting too much strain on my body?
- Do I need any vaccinations?
- Are all of my medications necessary and compatible with one another?
- How can I lower my risk of developing dementia?
- What are some early signs of dementia?