



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?