



Ask-the-Doctor Checklist

Before you go to the doctor:

- ☐ Write down the medicines and vitamins you take.
- ☐ Write down your questions for the doctor.

When you visit the doctor:

Tell the doctor why you are there:

- ☐ Tell the doctor if you want a check-up.
- ☐ Tell the doctor if you are sick.
- ☐ If you are sick, tell the doctor what is wrong.

Give the doctor your list of medicines.

During your doctor's visit:

Look at your list of questions and ask those questions.

If the doctor wants you to take new medicine, ask:

- ☐ How can this medicine help me?
- ☐ When should I take it?
- ☐ Should I take it with food or water?
- ☐ How will the medicine make me feel?
- ☐ Can I take this with other medicine?

If the doctor wants you to take a test, ask:

- ☐ How will the test help me?
- ☐ How should I get ready for the test?

At the end of your doctor's visit, ask:

- ☐ Do I need to come back?
- ☐ If you have to come back, find out when.
- ☐ Ask what you can do to get ready.

After the visit, write down:

- ☐ What the doctor said about your health.
- ☐ Any changes you are supposed to make.
- ☐ When you should go back to the doctor.





The medicine and vitamins I take:

Name of Medicine or Vitamin	Why I take it	Who said to take it	How much I take and when
1.			
2.			
3.			
4.			
5.			
6.			
7.			
8.			
9.			
10.			



Things you want to ask the doctor:

