



Medical Appointments Made Easy

Avoid making quick decisions, and talk to others before making any big, life-changing decisions.

Keep track of all your information in one place, such as a notebook, binder, or folder on your computer.



If possible, leave children and other dependents at home to reduce distractions.



Research, but be wary of what you read online and speak with your medical provider before following any online advice.

Doctor's offices often run late so bring a mobile device with a charger, a book or puzzles to keep your mind busy.

Bring food, water, and extra layers of clothes to your appointments.



Get copies of your images and results and keep them in your notebook or binder for your record.



Keep a running list of your questions and bring them to all your appointments.

Bring a friend or family member and tell them how they can help during your appointment, such as asking questions, writing things down, or just being there for you.

Doctor appointments can be overwhelming, so writing everything down is important.



Repeat what you heard to make sure you understand the information given.



Advocate for yourself! Don't be afraid to speak up, ask questions, have information repeated, or tell people how you feel. You are your best advocate!