



Before you go to see your doctor, think about the things you need to ask or bring. Some things you might want to keep in mind...

Arrange to have your previous medical records made available for your physician to review.

Date	Illness or Condition	Treatment	Treating Doctor or Hospital

Make a list of all medicines you take.

Date	Medicine	How long have you been taking this medicine?	TIME MEDICINE TAKEN				
			Dose	Morning	Noon	Evening	Bedtime

Bring All medicines you take with you when you go to your doctor.

- Tell your doctor about any drug allergies you have.
- Make sure you mention any non-prescription medications like vitamins and herbal remedies that you take.
- Ask the doctor about the best way to take your medicines, about possible side effects, and what to avoid while taking it.
- Ask the doctor to review your list of medicines, and make any changes necessary.

Make a list of questions to ask your doctor.
