Be More Involved in Your Health Care
Tips for Patients

Before Your Appointment

- Bring all the medicines you take to your appointment this includes:
  - Prescription medicines
  - Non-prescription medicines, such as aspirin or antacids
  - Vitamins
  - Dietary or herbal supplements
- Write down the questions you have for the visit
- Know your Current Medical Conditions, Past surgeries and illnesses
- Ask someone to go to your appointment with you to help you understand and remember answers to your questions

During Your Appointment

- Explain your symptoms and any problems with medicines you have taken in the past
- Ask questions to make sure you understand what your doctor is telling you
- If your doctor recommends a treatment, ask about options
- During your appointment, make sure to ask the questions you prepared
- To get the most from your visit, tell the nurse or person at the front desk that you have questions for your doctor
- Find out what to do next. Ask for:
  1) Written instructions
  2) Brochures (Information to take home)
  3) Videos
  4) Web sites
- If you need a prescription, tell your doctor if you are pregnant, are nursing, have reactions to medicines.

Helpful Tip

Questions during the visit
- What is my diagnosis?
- What are my treatment options?
- What are the side effects?
- What will the medicine you are prescribing do?
- How do I take it?
- Can I be asked to change my daily routine?

If you need a test, ask:
- How will the test be done?
- How will it feel?
- What do I need to do to prepare for it?
- How will you get the results?

Written Instructions
Brochures (Information to take home)
Web sites

After Your Appointment

- Follow Your Doctor’s Instructions
- Call your Doctor if you do not understand your instructions after you get them
- Call your doctor if symptoms get worse
- Call your doctor’s office to find out test results
- Do not stop taking your medications without talking to your doctor or pharmacist
- Do not skip any recommended procedures or appointments without notifying your doctor
- Do not feel like you cannot get a second opinion

Questions to Prepare

- Talk about health problems, or change a medication
- Talk about a medical test
- Talk about surgery or treatment options

Contact Us!

If you have any questions or need assistance, do not hesitate to contact us. Follow us on social media so that you can stay up-to-date with any health related news and updates.

@WaMedCommission
360-236-2750
Medical.Commission@doh.wa.gov
www.WMC.wa.gov

Medical Commission of Washington