



# Be More Involved in Your Health Care

## Tips for Patients

This infographic gives you tips to use before, during, and after your medical appointment to make sure you get the best possible care.

One way you can make sure you get good quality health care is to be an active member of your health care team.

Patients who talk with their doctors tend to be happier with their care and have better medical results.

### 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.

#### Questions to Prepare

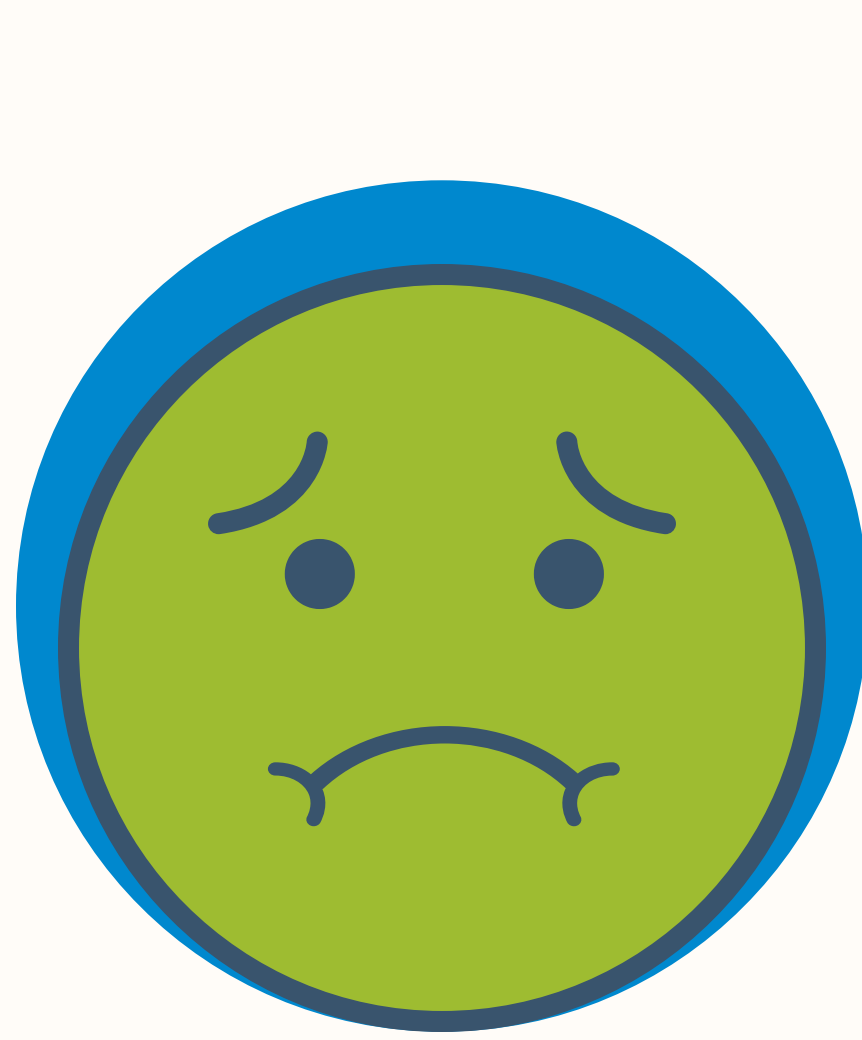
Talk about a health problem?

Get or change a medicine?

Get a medical test?

Talk about surgery or treatment options?

### 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.

#### Helpful Tip

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
- 3) Videos
- 4) Web sites



If you need a prescription, tell your doctor if you are pregnant, are nursing, have reactions to medicines.

#### 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?
- Do I need to change my daily routine?

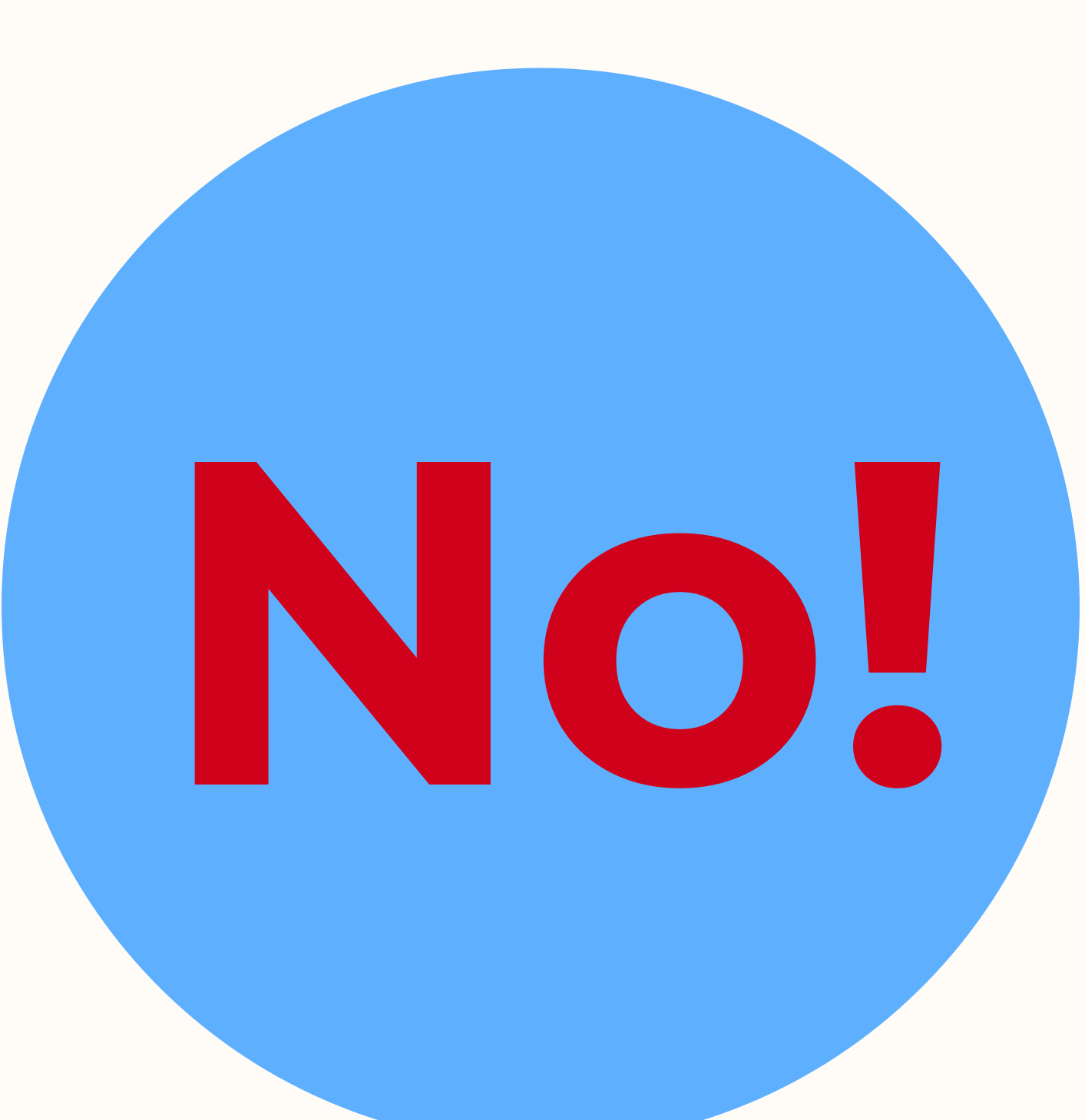
#### If you need a test, ask:

- How the test is done?
- How it will feel?
- What you need to do to get ready for it?
- How you will get the results?
- Written Instructions
- Brochures (Information to take home)
- Web sites

### After Your Appointment



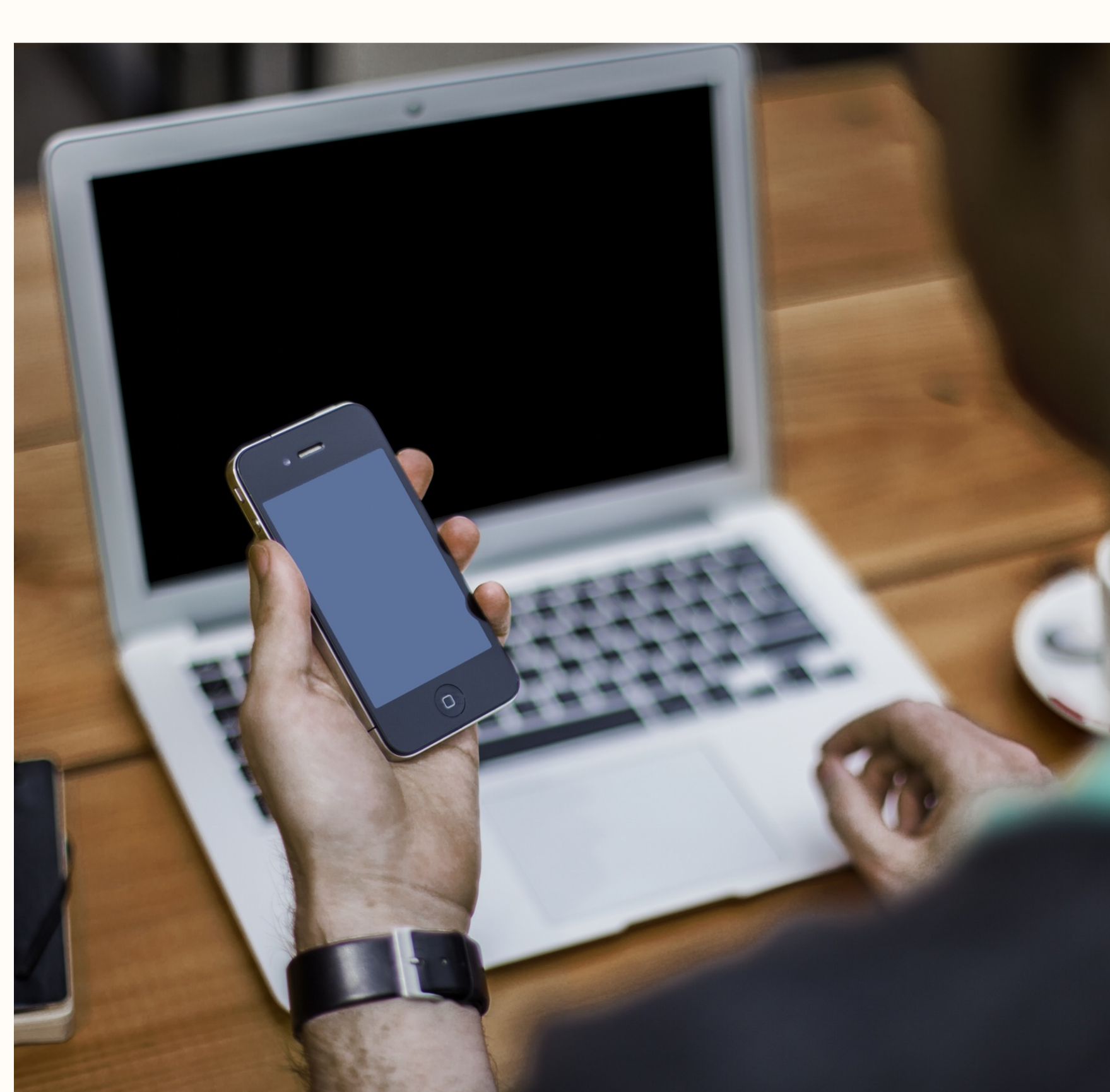
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- Follow Your Doctors Instructions
- Call your Doctor if you do not understand your instructions after you get home
- Call your doctor if symptoms get worse
- Call your doctor's office to find out test results

- Do not stop taking your medications without talking to your doctor or pharmacist
- Do not skip any recommended procedures or specialists visits without notifying your doctor.
- Do not feel like you cannot get a second opinion.

### 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.

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