

# Patient Question Guide: Get the Best from Your Doctor Visit

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Doctor: \_\_\_\_\_ Visit Type:  Check-up  Follow-up  New Issue  Other

## The #1 Question to Ask Every Time

"What do you think is the most important thing I should understand or do about my health right now?"

Notes: \_\_\_\_\_

Notes: \_\_\_\_\_

Notes: \_\_\_\_\_

## 1. Understanding My Health

- Can you explain my diagnosis in simple terms?
- What may have caused this condition?
- Is this something temporary, chronic, or reversible?
- What signs should I watch for that mean it's getting worse or better?

Notes: \_\_\_\_\_

Notes: \_\_\_\_\_

## 2. Tests & Results

- Why do I need this test or scan?
- What will it show or change about my care?
- What do my test results mean for me personally?

Notes: \_\_\_\_\_

Notes: \_\_\_\_\_

## 3. Medications & Treatments

- What are the benefits and risks of this medication or treatment?
- What happens if I don't take it or try something else?
- Are there natural or lifestyle-based options to try too?

# Patient Question Guide: Get the Best from Your Doctor Visit

Notes: \_\_\_\_\_

Notes: \_\_\_\_\_

## 4. Prevention & Long-Term Health

- What should I focus on to stay healthy long-term?
- Am I due for any screenings, vaccines, or lab work?
- Which lifestyle changes would make the biggest difference?

Notes: \_\_\_\_\_

Notes: \_\_\_\_\_

## 5. Care Coordination & Follow-Up

- How can I reach you or your team with questions after this visit?
- What are our goals before my next appointment?
- Is there any new research or treatment I should know about?

Notes: \_\_\_\_\_

Notes: \_\_\_\_\_

## Final Takeaway

Always leave your appointment knowing:

1. What's most important right now
2. What you need to do next
3. When and how to follow up