

Preparing for a Doctor's Appointment

1

Get all logistical questions answered ahead of time. This includes knowing who you will be seeing, the duration of the appointment, whether any records need to be sent beforehand, as well as parking and other information.

2

Consider bringing a friend or a family member with you if that would be a source of support.

3

Make a list of questions to bring with you. Some families find it helpful to keep a running list of questions between appointments and write down questions as they come up.

4

Know that while the doctor is there to provide their knowledge, information, and recommendations, you are the one making all final decisions regarding yours or your child's care.

5

Speak up if you need clarifications on anything the doctor is explaining or if the information feels too overwhelming and you need time to pause and absorb it. Although speaking up may seem difficult, it will help you understand the information better and build a stronger partnership with your doctor and medical team.

6

Ask how to follow up, what is the expected response time, and who will answer your questions (doctor, nurse, other).

