



Susan Salenger

HOW TO PREPARE FOR YOUR DOCTOR VISIT

- ✔ First, prepare a written agenda. Write down what you want to discuss in the order you want to discuss it. Don't have your list just in your head. If you're like me, you'll forget half of it as soon as you begin talking with the doctor
- ✔ As the visit progresses, ask all the questions that occur to you. In future reels, I'll suggest a list of questions that I think are important to ask.
- ✔ Here's a mind-boggling statistic that I'll bet you didn't realize: Only 15% of women tell their doctors when they don't understand something! That means that 85% of us leave the doctor's office without fully understanding what we've been told and with a bunch of unanswered questions.
- ✔ And that's why this next suggestion is so critical: Repeat back, in your own words, what you heard your doctor say. That gives you a chance to be sure you understood correctly and gives your doctor an opportunity to confirm what you heard.
- ✔ If you can, take someone with you to help listen. Here's another statistic I never realized: Patients typically forget between 40 and 80% of what the dr. tells them so the ability to review what you've been told can be very helpful. Also, if you have a patient portal, be sure to refer to it. Hopefully, it will provide a complete overview of your visit.
- ✔ And don't introduce a new problem as the visit comes to an end. That's unfair to you and your doctor.

You are welcome to print these out for free.

And if you have any questions, email me at scsalenger@yahoo.com

Stay tuned. Next time we'll discuss what to do when you receive your diagnosis.

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