TO HELP YOU PREPARE FOR YOUR DOCTORS VISIT

Appointment Date: _____ Time: _____

Doctor: _____ Location/Address: _____

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1. Bring a list of all your medicines, including vitamins, herbs and over-the-counter medicines.
2. Ask for a copy of test results or reports about procedures (such as ECG).
3. When filling out this form and at your appointment, remember the PACE method for communicating with your healthcare professionals:

- P = Provide information about how you feel
- A = Ask questions if you don't have enough information
- C = Clarify what you hear
- E = Express any concerns you may have

Reasons for the appointment: _____

_____

Describe your symptoms and concerns: _____

_____

What you hope doctor will do: _____

_____

Questions about your condition: _____

_____

Questions about tests, procedures: _____

_____

Questions about medicines: _____

_____

Questions about other treatments: _____

_____

During the visit, clarify what you hear:

- If you don't understand something, ask the doctor to explain.
- Repeat the doctor's instructions in your own words.
- At the end of the visit, review what you and the doctor agreed upon.

Used with permission from Donald J. Cegala, Professor of Communication and Family Medicine, Ohio State University

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