

GET THE MOST FROM YOUR DOCTOR'S VISIT



Tell the receptionist why you want to see the doctor so they know how much time you will need.

You will need extra time for:

- a check-up for an infant
- a complete medical exam
- counselling of any kind
- Pap tests
- a driver's licence medical
- ear syringing
- care for a chronic disease

Make a list of your current health concerns. Start with what bothers you the most.

Bring your medications with you.

Arrive early in case you have to fill out forms.

Explain your major concerns at the start of your visit.

If you do not understand instructions, ask your doctor to explain it in a different way.

Your doctor will address all your concerns. If more time is needed for separate issues, you may be asked to book a second appointment.

Before you leave today you should be able to:

- Understand and describe your condition.
- List your medications and explain your treatment plan.
- Know if and when additional tests are needed.
- State if and when you need to return.
- Know what lifestyle changes you need to make.

To learn more about making the most of your visit ask your doctor for an additional brochure.



NEWFOUNDLAND AND LABRADOR
MEDICAL ASSOCIATION

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