

Working **with your doctor**

You need to plan for your doctor visit. Without a plan you might forget what you want to talk about. The tips below help you plan.

Before the visit

- Set up a doctor visit to talk about depression.
- Bring all of your medicines. Bring your vitamins, herbs, supplements, and creams.
- Think of questions to ask and write them down.

At the visit

- Tell the doctor how you feel. Share any changes in your life.
- Show the doctor your medicines. Tell how and why you take them.
- Discuss any health problems.

Before the end of the visit

- Get in writing what the doctor says to do.
- Get in writing what medicines to take.
- Ask when to come back. Set up your next doctor visit.
- Ask what to do if you do not feel better.

After the visit

- Get any new medicine filled at the pharmacy.
- Call the doctor if you forget what to do.
- Share what the doctor told you with family or friends.