

# Getting the most from your doctor visits



Here are some hints to help you get the most out of each doctor visit.

## Write down your questions

Before a doctor visit, write down questions for your doctor. Bring the list with you to your visit. Take notes about what you discuss. Also, think about bringing someone with you to your visit. This person can help you ask questions or take notes.

## Discuss your treatment plan

Your treatment plan includes all of the things you need to do to take care of your heart health. This includes your plan for diet and fitness. This plan may include taking medicines for heart problems. You may also take medicines for other health problems, such as diabetes. It is a good idea to talk with your doctor about your treatment plan at every visit.

## Be open and honest with your doctor

Talk with your doctor about the medicines you take and how you take them. Let the doctor know what you eat and how active you are. It may help to write these things down first. Then, share your notes with the doctor. Tell your doctor about any concerns you have with your current treatment plan.

During your doctor visit, go over your treatment plan and ask any questions you may have.

## Review your medicines as part of your doctor visit

Bring all your medicines in a bag to the doctor's office, including:

- Prescription medicines
- Over-the-counter medicines (such as anything you take for pain, sleep, colds, or headaches)
- Vitamins and nutritional supplements
- Herbal medicines
- Eye drops
- Inhalers (medicines you use for asthma or allergies)

For each medicine, talk with your doctor and take notes about:

- Why you take it
- When you take it
- How you take it (for example, with meals or on an empty stomach)
- How it may make you feel
- Whether it is OK to take it with your other medicines, including medicines you take for pain, colds, headaches, and more
- Any trouble you are having with taking it as directed