

# ILLINOIS DISABILITY AND HEALTH PROGRAM



## Be Prepared for Your Doctor's Visit

Often we think of dozens of questions we want to ask our doctor and then forget them the minute he/she walks into the room. We may have symptoms for weeks that mysteriously disappear when we are trying to point them out to our doctor. The following questions may help you be prepared ahead of time to help you get the most out of your doctor's visit.

1. What health problems do you want to talk to your doctor about? \_\_\_\_\_  
\_\_\_\_\_
2. What are your symptoms? \_\_\_\_\_  
\_\_\_\_\_
3. When did they start? \_\_\_\_\_  
\_\_\_\_\_
4. When do they happen? \_\_\_\_\_  
\_\_\_\_\_
5. If you hurt, describe your pain. Use a scale of 0-10 (0 = pain free; 10 = worst pain ever felt).  
\_\_\_\_\_
6. Where does it hurt? \_\_\_\_\_  
\_\_\_\_\_
7. When does it hurt? \_\_\_\_\_  
\_\_\_\_\_
8. What makes you feel better? \_\_\_\_\_  
\_\_\_\_\_
9. What makes you feel worse? \_\_\_\_\_  
\_\_\_\_\_
10. What prescription and over-the-counter medicines have you been taking? (Bring bottles with you to provide your doctor with more information.) \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
11. What other therapies are you using? (acupuncture, chiropractic, homeopathy, magnets, massage therapy, vitamins, herbs, etc.) \_\_\_\_\_  
\_\_\_\_\_
12. Are you seeing any other health care providers (doctors, therapists, etc.)? If so, for what?  
\_\_\_\_\_