

Making An Appointment With Another Healthcare Provider or Specialist (Referral)

If you were referred to another provider, clinic, or department, make sure you know this information before you leave the office.

What is the name of the person, clinic, or department I'm supposed to see? _____

Do I call them or do they call me? _____

Who do I contact to make the referral? If so, how? _____

How quickly do I need to be seen by this other provider? _____

When should I expect to hear back from this other provider? _____

What should I do if I don't hear back from this other provider, or if they cannot see me in time? _____

Why have I been referred to this other provider? _____

Should I bring anything special with me when I see this other provider? _____

Tip: Make sure the provider you have been referred to knows about any accommodation needs that you have.

Getting A Lab, X-Ray, Or Other Test

If your healthcare provider has ordered labs, X-rays, or other tests, make sure you know this information before you leave the office.

What is the name of the test or procedure? _____

Where do I go to have the test or procedure done? _____

Do I need to do the test or procedure at a special time or day? When? _____

Do I just show up for the test or procedure, or do I have to schedule an appointment? _____

Who do I schedule the appointment with, and how do I do it? _____

Are there special instructions? Example: Fast for 12 hours before the test. _____

What will the test or procedure be like? Example: will there be strange sounds or sensations? _____

How will I learn the results of the test? _____

Tip: Make sure the people who will be doing the labs or tests know about any accommodation needs.

Tip: Ask your healthcare provider for help preparing for labs or tests.

Taking A Medication

If the provider prescribed medication, make sure you know this information before you leave the office.

What is the name of the medication? _____

Has the prescription been sent in to the pharmacy, or do I need a paper copy of the prescription? _____

Where is the pharmacy? _____

How many pills or how much liquid do I take at a time? _____

How many times a day or week do I take it? _____

What time or times of day should I take it? _____

Do I take it before or after eating? _____

Do I take it just when I have a symptom or on a schedule? _____

When do I stop taking it? _____

How do I get refills, if I need them? _____

Are there interactions with sunlight, medication, or foods?

What side effects should I look out for? _____

What do I do if there are side effects? _____

Should I avoid any particular activities? _____

Do I need to store the medication in a special way? _____

Managing Health Condition(s) at Home

Your healthcare provider may have asked you to do things at home to manage your health condition or conditions. For example, you may have been asked to keep a pain diary, to eat a special diet (for example, a diabetic diet, or a low-salt diet), or to use some kind of medical equipment.

Before you leave the office, make sure you have instructions that you understand for what to do at home. The instructions might be given to you by a nurse or other health professional.

Use this space to write any instructions for managing your health at home.
