

RX FOR YOUR DOCTOR'S VISIT

Plan in advance

- **Speak quickly and to the point. Good communication between patient and doctor is vital for good medicine**
- **Bring a list with questions and concerns about diet, exercise, flu shots, immunizations**
- **List symptoms such as dizziness, headaches, ankle swelling, pain or constipation**
- **Take notes and/or bring a friend as another pair of ears**

Medical conditions

- **List all past/current illnesses**
- **List all surgical procedures, your surgeons & specialists**

Medications

- **Bring items/list and keep a list with you always**
Include prescription & over-the-counter medications, vitamins, herbal remedies, eyedrops, topical creams
- **Allergies and sensitivities to which medications**

Share data

- **About physical mobility, memory, mood, bladder & bowel elimination patterns**
- **If you require assistance to perform daily activities**

Identify person to be called in an emergency

- **Select family member/friend prior to appointment**

Discuss your mood

- **It is common to feel lonely & isolated after experiencing losses in life**
- **Help is available, but you need to speak up**

Discuss your medical care in the event of a serious illness

- **Decide together what care you want/don't want**
- **Consider filling out a Health Care Proxy**