



Visiting Nurse Association of Ohio

How to Make the Most of Your Doctor's Appointment

1. Advocate for yourself

If you have a question or concern, you need to raise it. Do not feel rushed or scared by anyone. You have the rights as a patient to receive proper treatment and information. Your doctor is there to be your partner in your health.

2. Bring a list of questions and ask. Write them down.

Don't expect your doctor to be a mind reader. Speak up! The doctor would rather have you ask a question now about something he or she said than being paged at home on a Saturday night to ask the question you could have asked three days ago in their office. Don't trust your memory all the time. If you don't understand, the doctor can write the information down, draw a picture and answer your questions in real time.

3. Bring a list of medications with you.

If you are not sure about a dosage or you are reacting to a medication, ask about it. If you have old medication that is being replaced, ask about finishing it, or stopping it and starting a new one. Be honest and straight forward; if you are not taking something let the doctor know. Be truthful if you have added over-the-counter or herbal medication. They are not there to judge you, but to offer sound medical advice.

4. Bring a second set of ears.

Ask someone you trust, a friend or relative to go to your appointment. Having someone else with you when being discharged from the hospital is imperative to understanding your plan of care, especially if you are on medication that may impair your understanding.

You know you best!

Listen to your body and trust your instincts.

About VNA of Ohio

Visiting Nurse Association of Ohio provides high-quality comprehensive home health and hospice care to promote health, independence, and dignity to those living in the communities we serve.

Founded in 1902, the organization has built a legacy for helping individuals and their families as they experience a health related situation. Today, we continue to provide expert services that will allow individuals to remain in the comfort of their homes.



Referrals Made Easy: **1-877-698-6264**

For caregiver support and resources, visit www.VNAOhio.org