Making the Most of Your Doctor's Appointment

The average visit with your healthcare provider is about 20 minutes. You will want to make the most of your time with your healthcare provider. Here are several strategies that we recommend:

**Prepare for Your Appointment:**
- Bring a list of current medications and make a copy for your healthcare provider.
- Prepare a list of questions to ask during your appointment.
- Provide information or results from other healthcare resources.
- Include your significant other or caregiver in preparing for the appointment.
- Provide information or results from other healthcare resources.

**During Your Appointment:**
- Ask the most important questions first.
- Take notes during the appointment.
- Fully describe your symptoms.
- Create an action plan to manage conditions and episodes.
- Review any decisions and next steps with a medical professional at the end of the visit.

**After Your Appointment:**
- Maintain communication with your healthcare provider.
- Get a second opinion from another provider. Most doctors encourage them.
- Most primary care physicians encourage the advice of a specialist.
- If you have not created an action plan with your primary care provider, do so with a specialist.
- If you are experiencing a medical emergency, call 911.
- Reference list available at: https://resphealth.org/reference-lists/