

WHAT TO TAKE WHEN YOU GO TO A DOCTORS APPOINTMENT  
OR **HOW TO SURPRISE YOUR DOCTOR**

1. A list of your current medications, including any vitamins and supplements you take. \*\*If you haven't been to the doctor recently, take the bottles. Just use a grocery sack to carry them in. We Want You to, REALLY! When this list has been updated in your electronic record, have it printed out for you to keep in your wallet or purse, or smart phone.
2. Your current list of specialists. We may know them all, and we may not. This happens when we sent you to a specialist, and that specialist sent you to another one. They correspond about you with each other, but sometimes the second doctor does not correspond with us.
3. Your current list of tests and or procedure you have had done, OR at least where you had them done. \*\*If we sent you, we should know. However, sometimes specialists have procedures or tests done in conjunction with visits with them in their primary locations, and we may not get that information or the actual test results. So if you know you have had something done, we can get the results.
4. A current list of your medical problems. \*\*If you don't have one, we can update and print one for you at the clinic.
5. A list of surgeries and hospitalizations with approximate dates they occurred. \*\*If you don't have one of these, we can update and print one for you at the clinic.
6. **THIS IS ONE OF THE MOST IMPORTANT TO YOU**- a list of questions for the provider. We really do want you to come prepared to ask all those questions you have been saving up. So if you do not have one of the current smart phones that has a place for voice notes or written notes, get yourself a notebook for **QUESTIONS FOR THE DOCTOR** and start filling it up, *and most important, BRING IT WITH YOU*.

*Help us to make your doctors visit all that you want it to be.*