



Whether you're going to the doctor, a specialist appointment or meeting with another health professional, knowing what to ask and when to ask it can be tricky to navigate.

At UniMed, we want to help you get the most out of your appointments, so we've put together a handy checklist of questions to ask at your next health visit.

### Before and during your appointment:

- Write down details of your symptoms to share with your doctor
- Take a note with a list of questions you might have for your doctor
- Remember to mention any medications you might currently be on
- Ask someone to come along as your support person
- Don't be afraid to ask for clarification on anything you're unsure about
- Ask for copies of your medical notes – you're entitled to these
- Ask about support groups and where to go for more information

## Questions to ask:

### Symptoms or diagnosis

- What is the specific disease or condition affecting me?
- What is the severity of my condition and how will it impact my personal life and work?
- What types of support and resources are available for my family should they be affected by my condition or its treatment?
- What are the short-term and long-term outlooks for my condition?
- What factors contributed to the development of this condition?
- What symptoms should I monitor closely?
- Are there precautions I need to take to prevent spreading the condition to others?

### Tests and treatment

- What are the available treatment options for my condition?
- Are there other ways to treat my condition?
- What are the tests for?
- How and when will I get the results?
- Will I need to go for more tests?
- How will I know if the treatment is working?
- What will happen if I do not have any treatment?
- What is the cost of treatment?
- What are the possible side effects?

- What should I do if I have side effects?
- What would happen if I delay my treatment?
- What would I do if I miss a dose of medication?
- How could my treatment potentially affect my daily activities, including my ability to work and perform routine tasks?
- Can you suggest a consultant who could offer a second opinion?
- Who will be part of my treatment team?

### Surgery

- Why do I need surgery?
- What surgical procedure are you recommending?
- Are there non-surgical options available?
- How much will surgery cost?
- What are the advantages of having surgery?
- What are the risks or potential complications of having surgery?
- What if I don't have this surgery?
- Where can I get a second opinion?
- What kind of anesthesia will I need?
- What is the recovery time?
- How extensive is your experience in this specific surgical procedure?
- How long will I be required to stay in hospital?
- What post-op treatment and support might I require or have access to?