

Make a list of new problems. (Example: a new area of pain, a new rash)

Think about the problems you listed on Worksheet #6. Make a list of things you don't understand about those problems. (Example: Where is the thyroid? What does it do? Why do I need to be on a special diet?)

List questions about tests that need to be done. (Example: Why do I need a blood test? What is a sleep study? Will the test hurt?)

List questions about your medicines. (Example: Why do I take this medicine? Could the medicine make me feel bad? What will happen if I stop taking this medicine?)

List questions about how the doctor's office works. (Example: Whom do I call if I am sick? Whom do I call if it is late at night and the office is closed?)

Practice asking these questions with a helper before your visit!