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How do you prepare for a medical appointment?



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How do you prepare for a medical appointment?

Taking an active role in your medical procedures will help you to have a better personal health experience. In order for you to achieve a more pleasant visit, organizing yourself in advance is important. This will smooth the process and, at the same time, help to improve your health. In this brochure you will find some tips about what you can do to prepare for your appointment:

TIPS:

- Make a list of concerns you want to address with your health care professional



- Bring information and/or the necessary documentation to the appointment



- Share any changes that have occurred since your last medical visit with your health care provider.



What to do while you wait?

Waiting can be pleasant if you prepare in advance. Keep the necessary items on hand to keep you busy while you wait for your medical appointment.

- Bring a notebook or favorite magazine for entertainment.



Example: Newspapers, Books, Others

- Bring healthy snacks. Rest on the day.



- Before the appointment.



- If you need company to your appointment, coordinate in advance who it will be.



- Consider bringing some kind of entertainment such as: word search, crossword, sudoku, among others.

