

## Preparing for Your Clinic Visit

- Organize your medical history - it may be helpful to create a binder of your medical history containing the following items:
  - Doctors/Institutions seen
  - Diagnosis
  - Personal records of symptoms (headache journal, pain history, etc.)
  - Medical records – lab tests including genetic test results, scans (MRI, X-ray, CT), pathology, and other medical related documentation
  - Complete and current list of medications including over-the-counter medications, vitamins, and supplements
- Make a list of questions and prioritize your concerns
- Confirm time, location and parking for clinic visit
- If needed, request an interpreter (sign language or foreign language) for the visit

## What to Bring to Your Clinic Visit

- Photo ID
- Medical and pharmacy insurance cards
- Referral authorization, if applicable
- Form of payment for services not covered by insurance
- Preferred pharmacy name and phone number
- Guardianship, custody or consent papers, if someone other than a parent accompanies a minor child
- Required paperwork from clinic, if applicable
- Medical history binder or records (see above list of relevant materials)
- List of questions and concerns
- A notebook for writing notes or referral information
- Consider bringing a family member or friend. Your companion can remind you of important things you wish to discuss, ask questions, and take notes.

## During the Clinic Visit

- Make sure all of your questions are answered and you understand the information
- Request a visit summary with follow-up instructions
- Find out who to call for questions or results

## After the Clinic Visit

- Schedule and follow-up with clinic recommendations
- If you cannot schedule your next clinic visit, put a reminder in your calendar to call to arrange a follow-up visit
- Contact your doctor's office with any changes in symptoms that concern you or problems that are not resolving based on recommended interventions.