

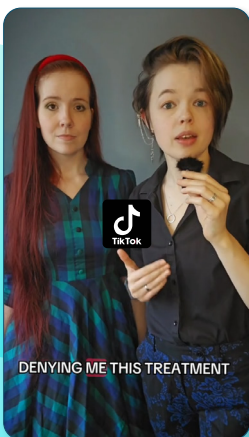
How to Talk so Your Doctor Will Listen



Tips in this 5-minute read advise to share “What” is happening and “How” it is affecting your life. Also includes some useful phrases to use when speaking to your medical team. [Read Here](#)

We often wait for some time to obtain an appointment with a doctor or specialist. Here are some tips to prepare for a visit and partnering with a doctor and feel more confident about the chosen treatment.

- 1. Be ready** to say what your main symptoms are, when they started, and what you have done to treat them so far. It may help to write these things down before your doctor visit.
- 2. Write down** the three questions that you most want to have answered. If the doctor doesn't bring them up, don't be afraid to ask.
- 3. Bring a list** of medications you are taking, including supplements.
- 4. Take notes**, or better yet bring someone with you to take notes, ask questions to clarify, and help you remember what was said.
- 5. Ask for instructions** or helpful links, worksheets, or other informative resources
- 6. Ask “What's Next”?** Will there be a follow-up treatment plan, things to keep an eye on? Ask if you can email the doctor in case you have other questions you haven't thought of.
TIP: keep it short or plan on another appointment as doctors may or may not have the capacity to answer all of your questions.



Watch and Learn

[How to be heard in the doctors office](#)