



### Create a Checklist that includes:

- \* A list of concerns with important information to share with the doctor
- \* Updated medical history
- \* Updated Insurance Information
- \* All medications/vitamins
- \* A list of any appointments with other doctors, referrals needed, and/or follow up actions from prior appointments
- \* Arrangements for transportation to attend in-person appointments or plan to access an electronic device for a telehealth appointment.

This is an abridged version of a manual available from the Continuum of Care at the University of New Mexico Health Sciences Center. For more information or to obtain a copy of the manual “Making the Most of Your Doctor Visit” please contact:

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Continuum of Care



The Continuum of Care  
The University of New Mexico  
Health Sciences Center

## Making The Most of Your Doctor Visit: In-Person or Telehealth



# Making the Most of Your Doctor Visit



## Common reasons to request a visit with your doctor:

- Fever over 101 degrees for more than three (3) days
- Pain that keeps you from doing the things you usually do
- A very deep cut, sore or rash
- Feeling dizzy or sleepy all the time
- Having more or different seizures than usual
- Difficulty breathing

## When calling the doctor's office:

- Tell them the reason(s) you are calling and they can tell you if you need to see the doctor right away.
- Let them know if you need a longer appointment.
- Ask if you can do anything to feel better until your appointment
- Ask what you should bring with you to your appointment.

## Getting Ready for an In-person or Telehealth Appointment: (Please refer to checklist suggestions on back)

- Write down important things to tell the doctor, such as changes in:
  - \*Bathroom habits
  - \*Sleep habits
  - \*Mood/Energy Levels
  - \*Eating habits
  - \*Weight
  - \*Medical conditions
  - \*Daily activities
  - \*Medications (how you are taking them or not taking them)
- 15 minutes prior to the appointment: Arrive early (in-person) or set up your electronic device (telehealth) with a list of concerns ready.



## During the Appointment:

- Always ask the doctor to explain anything you do not understand and to write things down for you (if necessary).
- Always ask what you can do if you are not feeling better after the appointment or have additional questions.
- Schedule any follow up appointments and/or labwork if necessary.

## After the Appointment:

- Read anything that was written down.
- Talk with someone you trust about the appointment.
- If taking a new medicine, pay attention to how you are feeling; you may need to talk to your doctor about other options.
- Check on results of any testing, labwork, etc..

## If the doctor suggests a new medicine you might want to ask some of these questions:

- What is the medicine treating?
- How will I know if it is working or not?
- How much do I take each day, when and for how long?
- Will it affect other medicines I take?
- Do I need to be careful about what I eat and/or drink with this medicine?

