










Tips for Talking with Your Doctor

Always tell your doctor:

-  The reason for your visit.
-  What medicines you are taking (see below).
-  Important facts about your health.
-  If costs are a problem and what your insurance covers.

Get the information you need:

-  Ask questions.
-  Take notes.
-  Bring someone with you.

Make sure you understand:

- Instructions (such as how to take medications or clean a wound).
- What you need to do next (such as get an X-ray).

Tell your doctor and pharmacist what medications you are taking, including all prescription and over-the-counter medicines, herbs, and supplements. Bring your medicines with you or use Wilkes Literacy's form on the next page. If you make your own list, be sure to include:

- What you are taking (aspirin)
- How much and dosage (1 pill, 325 mg)
- How often (once a day)
- When and how (8 a.m. with food)
- Why (headache)



