

## Being Diagnosed in the Doctor's Office

### Items to Bring to your Doctor's Appointment

***The following is a list of items to think about before you go to your doctor's appointment:***

- Be aware of any pre-appointment restrictions. At the time you make the appointment, be sure to ask if there's anything you need to do in advance, such as restrict your diet.
- Write down any symptoms you are experiencing, including any that may seem unrelated to the reason for your appointment. Note when your symptoms began.
- Write down key personal information, including any major stresses or recent life changes.
- Make a list of all medications that you are taking, including any vitamins or supplements.
- Gather your medical records. If you have had a chest X-ray or a scan done by a different doctor, try to obtain that file and bring it to your appointment.
- Bring a copy of your New York State Health Care Proxy to your appointment and ask that it be added to your medical file.
- Write down questions to ask your doctor.
- Bring a pad so you can write down the answers that your doctor provides.
- Consider taking a family member or friend along. Sometimes it can be difficult to absorb all the information provided during an appointment. Someone who accompanies you may remember something that you missed or forgot.

Adapted from the [Mayo Clinic](#) website