Questions to ask your doctor

A one-page checklist for appointments about a long-term condition. Tick what you want to ask.

Understanding

☐ What do you think is causing my symptoms?

☐ Which tests could help, and what will they tell us?

☐ Is there a name for what I have, or is it still unclear?

Plan

☐ What are my options, with pros and cons?

☐ What can I do myself?

☐ When should I come back, and what should make me come sooner?

Support

☐ Which symptoms should I report right away?

☐ Can I be referred to a specialist?

☐ What support exists for daily life and work?

My top three questions (most important first)

1. _____

2. _____

3. _____

At the end, ask: "What is the most important thing I should remember from today?" and "What are the next steps, and when?"

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