

- **The relationship between you and your doctor is a special one based on trust and mutual respect.**
It is important to ask questions that concern you — up front. It is normal to feel uncomfortable about discussing certain topics. Consider writing a list and bringing this to your visit.
- **Successful planning begins at home before your visits.**
Dr will advise you which pre-visit questionnaire we want you to complete before your first visit. See our Website **Forms**
Bring important records with you who should include your recent laboratory test results, a current list of your present and past diagnoses, and a current medication list based on the medicines you are presently taking and how often you take your pills. Every piece of information is a clue to making a diagnosis.
- **Repetition is a good thing.** Sometimes patients get annoyed that they have to repeat information. For clarity, I like it. I like to see what you are taking. Bringing an up to date list saves both you and me valuable time because I can read quickly.
- **You should bring your records to the appointment.** Then you don't have to wait for "old records" to be faxed to the clinic. Not infrequently I hear, "They told me they were going to send the records." Although people's intentions are good, sometimes records do not get sent by the time of your appointment.
- **You should keep a list or bring your over counter medications, alternative therapies, and vitamins to visits.**
Some of these over the counter or alternative medicines interact with prescription medication. For example, there is a known interaction between warfarin (Coumadin) and cranberry juice that can affect INR (blood thinning) levels. **Consider downloading** via our website **Resources / Integrative Medicine & Nutrition / Supplements: daily dose calculator** (excel file)
- **Know the doctors and health professionals you see and why you see them.**
"Dr. A, is my usual GP or Dr.B, the cardiologist, treats my heart failure and put in my pacemaker. By defining who takes care of which problem, nothing inadvertently gets missed. Remember to ask for a business card. **Consider bringing these business cards with you to each visit.**
- **If you think it will be helpful, bring along a family member.** Friends are also welcome. Accompanied by friends and family, you can have advocates present to help you understand what the doctor said or write down key points learned at the visit.
- **Make sure you understand what happens next.** When will you see the doctor next? When does a blood draw need to happen? Also, make sure there is a mechanism in place so that if your symptoms worsen or don't improve you can get help. Emergency room (ER) visits or hospitalizations might also be prevented.
- **"Doctor-speak" can be a foreign language for many patients.** Medical Diagnosis terms are important because that's how providers communicate with each other. We want you to know these terms and what they mean. I will frequently write your diagnosis on a piece of paper and provide a description or direct you to patient information leaflet.. Feel free to look up the terms or further information on our **Resource** Page or on the internet. In the event you can't remember your detailed history, we recommend you have a copy of your **Health Summary**. We are very happy print off this document for you at any time.

Please take up our introductory offer and use our secure message service to ask further questions: log on at **Ozdocsonline**

Remember that we all must work as a team to help make your visits productive and valuable. Communication is the key to getting value from your medical appointment. Mutual understanding and shared decision will help you to understand and enact your care.