



Ways to Prepare for Your New Doctor

Get the most out of your first visit by preparing some basic information in advance.

Get copies of your medical records: Be sure to bring your medical history with you. You can obtain them at anytime by contacting your previous doctor.

A list of medications: Include all prescriptions, over-the-counter medications and supplements. It's also important to note any allergic or negative reactions you've experienced with any medications.

Gather your family's medical history: Take the time to ask your family members about chronic illnesses, diseases and other health conditions.

Know your immunization history: You should know the dates on which you received immunizations as an adult or approximately how long ago it was. Ask your physician if any new immunizations are necessary.

Keep a journal of your symptoms & allergies: Whether you have a chronic condition or if you're experiencing a new symptom that concerns you, keep a journal that documents your symptoms and how they are throughout the days and weeks. It's also important to track your known allergies and any allergic reactions you've had to any medications and supplements.

Bring a list of questions: You should bring a prepared list of questions to ask your doctor. Start with the most urgent question you must get answered.