

Health Care School

Section: How to Talk to Your Doctor

Topic: *Preparing for Your Doctor's Appointment*

(Talent)
Female narrator

Legend:

- (Text in parenthesis indicates general video/audio direction or transitions)
- [Blue text indicates specific computer screen or other images](#)
- **Bold indicates onscreen text to display**

VIDEO	AUDIO
<p>How to Talk to Your Doctor: <i>Preparing for Your Appointment</i></p>	<p>(Background music)</p>
<p>(Transition to CU of narrator)</p>	<p>It's important to make the most of any doctor or hospital visit. Whether you're there for a routine exam or reason, you want to make sure your questions are answered and your health properly reviewed —without feeling rushed. But the time you spend with your doctor is not a matter of chance. There are a few things you can do to take an active role in your health care. And make sure you get the most from your visit.</p>
	<p>The key is being prepared. To improve communication with your doctor, gather details before your visit.</p>
<p>(Narrator exits and transition to stock image or short video clip of a person making a list)</p>	<p>It starts with lists. Once you're in your doctor's office, it's easy to forget the questions you wanted to ask or facts about your health history.</p>
<p>(Transition to these bullets; check boxes off in sync with narrator's voiceover)</p> <p>Step 1: List of Questions</p>	<p>Start your list-making with questions. Perhaps some tests or procedures have been requested. Maybe even a surgery. You'll want to ask about the diagnosis and the next steps. What's involved in recovery? And make sure to ask</p>

<input checked="" type="checkbox"/> Testing, Procedure, Surgery <input checked="" type="checkbox"/> Medication	<p>about any medicines that are ordered, and their side effects.</p>
<p>(Transition to these bullets; check boxes off in sync with narrator's voiceover)</p> <p>Step 2: List of Symptoms</p> <input checked="" type="checkbox"/> Level of Pain or Discomfort <input checked="" type="checkbox"/> Timing <input checked="" type="checkbox"/> What Brings Pain On	<p>Next, write a list of your symptoms. This will help you recall key details during your visit. Note the level of your pain or discomfort. How often it occurs and where. And what seems to bring it on. Be as specific as possible.</p>
<p>(Transition to these bullets; check boxes off in sync with narrator's voiceover)</p> <p>Step 3: Health and Medical History</p> <input checked="" type="checkbox"/> Personal History <input checked="" type="checkbox"/> Family History	<p>You should also gather your health and medical history such as past illnesses, injuries, surgeries, medicines and allergies. If you have your family's health history, jot it down. Do your best to identify dates, hospitals, and names of doctors and surgeons. Your list of drugs should include doses and how often they're taken. Even vitamins and over-the-counter drugs should be included on the list. If you like, bring a bag with all of your medications to the visit.</p>
<p>Fade in this text to the right of the narrator)</p> <p>Step 4: Sensitive Issues Talking Points</p>	<p>Last, if your symptoms or ailments are sensitive, list these as well. It can help put you at ease during your appointment, especially if you're seeing somebody new.</p>
	<p>With your lists complete, it's time to gather a few things to take with you to your doctor's appointment.</p>

<p>(Transition to these bullets; check boxes off in sync with narrator's voiceover)</p> <p>What to Take</p> <ul style="list-style-type: none"> <input checked="" type="checkbox"/> Insurance Card <input checked="" type="checkbox"/> Previous Tests <input checked="" type="checkbox"/> Medications <input checked="" type="checkbox"/> Friend or Spouse <input checked="" type="checkbox"/> Pad of Paper 	<p>First, make sure you have your insurance card. You'll be asked for it before your appointment begins.</p> <p>Next, gather any records from previous tests, such as MRIs, X-rays or lab results.</p> <p>Third, collect any medications that you're taking.</p> <p>Fourth, if you feel you need support during your appointment, bring a friend or spouse. They can help if you feel there may be a language barrier. Or if you're worried about the important information you'll be discussing.</p> <p>And, of course, make sure you take the lists that you created and a pad of paper and a pen to take notes.</p>
<p>(Transition back to narrator)</p>	<p>Getting the most out of your visit is not a matter of chance, but one of preparation. Make sure your doctor has everything necessary to make a complete and accurate health assessment.</p> <p>You'll also find articles about talking with your doctor in Health Care School.</p>
<p>(Narrator exits and transition to stock image or patient and doctor talking to each other)</p>	
<p>(Narrator fades out and BAM logo enlarges to take up screen)</p>	<p>(Music)</p>
<p>(Disclaimer text* appears)</p>	

*(Disclaimer text)

The information contained in this video is general and educational in nature, and is not a substitute for professional health care. It is not meant to replace the advice of health care professionals. You should discuss any health care issue, medical condition and prescription medication concerns with your doctor.