

Before, during or after



Were your questions answered?



Make a list of the things that you want to talk to your doctor about so that you don't forget anything



Describe the signs and symptoms of the condition in details.



Tell your doctor about your medical history



tell your doctor what parts of your body are affected by the medical complaint.



Did you tell the doctor all of your signs and symptoms?



Do you know what you should do now?



Make notes of any lifestyle changes that your doctor recommends.



If you have any questions, speak to the doctor again



If you don't understand anything that the doctor is saying about your condition, ask them to explain it.