



PATIENT BRIEF

How to Prep for Any Appointment

"Confusion delays care. Clarity changes outcomes."

WHY THIS MATTERS

Every minute spent on paperwork, hunting for records, or figuring out why you're even there is a minute not spent getting your actual questions answered. Appointment time is short and rarely extendable, so what you bring with you, literally and mentally, decides how much you get out of it.

BEFORE YOU GO

- Arrive early enough to finish check-in and paperwork before your appointment time starts, not during it
- Know your reason for the visit in one sentence: what changed, what you need, or what you're following up on
- Bring your imaging and lab results, MRIs, CT scans, recent bloodwork, especially for a new specialist. Don't assume records transferred automatically
- Clear your calendar for the visit. A virtual meeting scheduled during your appointment means you're half present for both
- Write down your top 3 questions in order of importance, in case time runs short

DURING THE VISIT

- If someone comes with you, decide ahead of time what role they're playing: support, notes, or extra questions. If they have their own separate medical question, that's its own conversation, not extra time inside your visit
- Take notes, or ask if you can keep the after-visit summary instructions to review later
- Repeat back what you understood before you leave. It's the fastest way to catch a misunderstanding while the doctor is still in the room

KEY QUESTIONS TO ASK BEFORE YOU LEAVE

- What's the one thing I most need answered today, if we run short on time?
- Do you already have my recent imaging and labs, or do I need to bring them?
- What's the very next step after this visit, and when should it happen?
- Is there anything I should write down right now so I don't forget it later?
- If I think of something after I leave, what's the best way to reach you?

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Educational only. This is not a substitute for medical advice. Always follow your treating physician's specific instructions.

Web: MyDITF.com | Have your own quick question? Book a Quick Question session.