

How to Talk to Your Doctor

HANDbook



UAMS

Center for Health Literacy

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How to Talk to Your Doctor

HANDbook

How to use this book:

- **Learn the 5 steps to talking to your doctor.**
- **Use your own hand to remember.**
- **Fill out the blank side of each page.**
- **Take this book to your doctor visit.**

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1. Remember!

Remember to bring the things you need to read, hear, and talk to your doctor.



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1. Remember to take to my visit...

- Insurance card
- ID card
- Glasses
- Hearing aids
- Helper/Listener
- Calendar/Schedule
- This HANDBOOK
- Bag of all your meds

Other:

- _____
- _____
- _____
- _____
- _____

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2. TWO-minute history

Practice telling your doctor what you need to say in just two minutes.

Write down notes on the next page to help you remember what to say.





2. Two-minute history

My important health problems...

Why I am at this visit...

When my recent problems started...

What I want out of this visit...

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3. Words

Repeat instructions and information back in your own Words.

Decide how you will start the conversation with your doctor. Pick an example on the next page or write your own.





3. How will you repeat instructions and information in your own **Words?**

- So here's how I understood you..
- So when I go home I will..
- You just told me a lot of information. Let me be sure I got it all...
- Other:

4. FORMs

Don't FORget to fill out FORMs

completely. Ask for help if forms are hard to fill out. Take a list of things that may be in forms.

Write down the information you will need to fill out forms on the next page.





4. Information for **FORMs...**

Past health problems
(surgeries, sickness, family history):

Doctors I see
(name, kind, address, phone #):

Other info I need:

5. Take your meds

Take your meds as labeled AND take all your meds to your visit.

Take all prescription meds, over the counter meds, vitamins, and herbal supplements to your visit. Your doctor can make sure it is safe to take them all together. Write down your meds and how you take them on the next pages.





5. Med List

Brand or generic name of med	Description	Purpose	Dosage: how much	When taken: days and times
Omeprazole	Pink/Red Capsule	Heartburn	10mg	once a day, morning

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5. Med List

Brand or generic name of med	Description	Purpose	Dosage: how much	When taken: days and times

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HANDbOOK



1. Remember

Bring the things you need to take to your visit.



2. Two-minute history

Tell your doctor your health problems in two minutes.



3. Words

Repeat instructions and information back in your own Words.



4. FORms

Don't FORget to fill out all your FORms completely.



5. Take your meds

Take meds as labeled AND take all your meds to your visit.

Notes:

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