

Patient End-of

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your docto

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Some Things That Have Helped Other People Talk with their Doctors

- Make a list of your concerns and bring it with you. Ask your most important questions first, and make a plan with your doctor to talk about anything you don't have time to cover.
- Bring a list of your medicines. Include any over-the-counter medicines or herbs you take.
- If your doctor changes your medicine, ask for a written list of all the medicines you're supposed to take. Ask what you should do with medicines you don't need anymore.
- Have a family member or friend go with you to doctor visits.
- Ask your doctor to repeat anything you don't understand. Try saying it back in your own words.
- Take notes or have your family member take notes. Use a tape recorder if you like. If something is especially important to remember, ask your doctor to write it down.

Living Well
with a Serious
Illness

options that are best

Planning for the End of Life

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