

Making the Most of Your Visit with Your Health Care Provider

As you have grown up your parents or caregivers have probably done most of the talking at your appointments. As you get older, you will want to start speaking up more at these visits. Talking to doctors, nurses, and other health care providers may seem overwhelming and difficult, but it will get easier the more you practice.

- If you have a lot to talk about or need more time to speak, ask the secretary to schedule your appointment for a little longer.
- Show up about 15 minutes early to give you time to check in before the appointment.
- Ask your parent to wait outside the exam room so you can have a few minutes to talk to the doctor or nurse alone.
 - This allows you to talk about anything you need to.
 - It will also help you get used to talking to a doctor on your own.
- Write down a few of your own questions or things you want to tell the doctor or nurse before the visit.

It can be easy to forget things you want to ask.
- Write down what the doctor says or use your phone to record instructions to help you remember later on.
- Ask questions.
 - If you don't understand what your doctor or nurse says, ask them to explain it again or explain it in a different way.
 - Don't be shy about asking them to explain it again – it is part of their job and they want you to know what to do to take care of yourself.