
MAKING THE MOST OF YOUR VISIT WITH YOUR PROVIDER

YOUTH & YOUNG ADULTS

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 at these visits. Talking to providers (doctors, nurses, specialists) may seem overwhelming and difficult, but it will get easier the more you practice.

Helpful Tips:

- You may only get 15 minutes for an appointment. 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 or caregiver to wait outside the exam room so you can have a few minutes to talk to the provider alone.
 - This allows you to talk about anything you need to
 - It will also help you get used to talking to a provider on your own
- Write down a few of your own questions or things you want to tell the provider before the visit. It can be easy to forget things you want to ask.
- Write down what the provider says or ask if you can use your phone to record instructions to help you remember later.
- Ask questions!
 - If you don't understand what the provider says, ask them to explain it again or explain it in a different way.
 - Don't be shy about asking the provider to explain it again – it is part of their job and they want you to know what to do to take care of yourself.