



# Medical Consultation

## Checklist

---

### Which papers and documents must I take with me to the consultation?

- Current hospital and doctor reports
  - X-ray, CT or MRI images
  - Current medication regime
  - Treatment plan (e. g. blood thinning medication, blood sugar, opiates, body weight)
  - Allergy card
  - Other treatment cards (e. g. implants, pacemakers)
  - Insurance card
- 

### What has happened since my last medical appointment? What has changed?

- Have there been any special health incidents or other significant events?
  - Have new symptoms appeared?
  - How would I rate my current pain situation?
  - How would I assess my current physical and emotional well-being?
  - Has my weight changed?
  - Have I additionally been to another doctor who might have prescribed something new?
- 

## Medication

### Medication I am currently taking

- Medication prescribed by the doctor
- Self-purchased medication (e. g. pain relievers)
- Natural remedies (homoeopathy, phytotherapy, spagyrics, etc.)
- Dietary supplements (vitamins, minerals, etc.)

### Effect of the medication

- Have I noticed any new symptoms after taking it?
- Does the effect of the prescribed medication meet my expectations?
- Have I made a dosage change without consulting the doctor?
- Do I need a new prescription?

### Simplifying medication intake

- Can certain medications be discontinued?
- Is it possible to reduce the frequency of intake (e. g. to just once a day instead of twice a day)?
- Do I need aids to simplify taking the medication (e. g. tablet splitter, dosage box, magnifying glass, reminders)?

### **Prescription for a new medication**

- What effect can I expect?
  - What are the likely side effects with which I must reckon?
  - Can interactions with existing medications occur?
  - Is there a generic version of the medication?
  - How must the medication be taken (e.g. before or after meals, how often during the day)?
  - How long must I take the medication?
  - In which case should I discontinue the medication immediately?
  - When is it possible for me to independently change the dosage?
  - Is a regular laboratory examination necessary?
  - Are there activities that I must give up because of the medication?
  - Have I asked my doctor to update my medication regime and treatment plan (e.g. diabetes, blood thinning medication)?
- 

### **Diagnostic studies**

- Why must the study be done?
  - How is this study carried out?
  - Which risks are there during the implementation of the study?
  - Are there other alternatives for making a diagnosis?
  - How should I prepare for the study (e.g. being on an empty stomach, colon cleansing, taking a break from medication)?
  - Who will inform me about the result, and when?
- 

### **Diagnosis, treatment and therapy**

- What was the diagnosis? Which illness do I have?
- How is the course of the disease?
- Are changes in my lifestyle necessary due to the diagnosis?
- Which therapy options exist?
- What are the advantages and risks of these options?
- Which option does my doctor recommend? Why?
- How likely is it that the therapy will be effective?
- What unpleasant side effects of the therapy are possible?
- Until when do I have to decide for or against the therapy?
- Are the costs of the therapy paid by the health insurance?
- What happens if I do not pursue the treatment or therapy?

**CONCORDIA**  
Bound by trust

---

Bundesplatz 15 · 6002 Lucerne · Phone +41 41 228 01 11  
info@concordia.ch · www.concordia.ch