



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 plan
 - Treatment plan (e. g. blood thinning medication, blood sugar, opiates, body weight)
 - Allergy passport
 - Other treatment cards (e. g. implants, pacemakers)
 - Insurance card
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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?
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Medication

Medication I am currently taking

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

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)?
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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?
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Diagnosis, treatment and therapy

- What is 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?