

Advoca after-appointment checklist

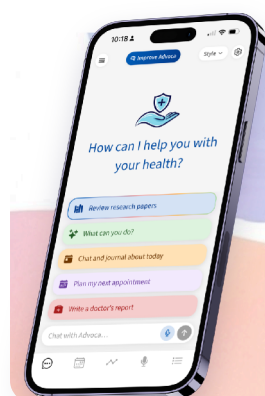
Do you really understand your diagnosis and treatment? Tick "Not sure" for anything you can't answer, then add its number to your follow-up list.



	I UNDERSTAND THIS	NOT SURE
1 My condition		
1.1 What is it called, and what does it mean in plain English?	☐	☐
1.2 What's likely causing it?	☐	☐
1.3 Is it short-term, long-term, or does it come and go?	☐	☐
1.4 How is it likely to change over time?	☐	☐
1.5 What makes it better or worse?	☐	☐
2 My medication or treatment		
2.1 What is it for, and how does it work?	☐	☐
2.2 How and when do I take it? With food, at a certain time?	☐	☐
2.3 How long until it works, and how will I know?	☐	☐
2.4 Which side effects are common, and which mean I should get help?	☐	☐
2.5 Does it interact with my other medicines, alcohol or supplements?	☐	☐
2.6 How long will I be on it, and what if I miss a dose?	☐	☐
2.7 What are the alternatives if it doesn't work?	☐	☐
3 Tests and results		
3.1 What tests am I having, and why?	☐	☐
3.2 When and how will I get results?	☐	☐
3.3 Who do I chase if I don't hear back?	☐	☐
4 Day-to-day life		
4.1 Can I work, drive, exercise and travel as normal?	☐	☐
4.2 Are there lifestyle changes that would help?	☐	☐
4.3 Where can I find trusted information and support groups?	☐	☐
5 What happens next		
5.1 Who's in charge of my care now?	☐	☐
5.2 When's my follow-up?	☐	☐
5.3 What are the warning signs that mean I need help urgently, and who do I contact?	☐	☐
5.4 Who do I contact with questions before my next appointment?	☐	☐

→ My follow-up list

No.	What I still need to know	Who to ask	Done
		☐ Doctor ☐ Nurse ☐ Pharmacist ☐ Advoca	☐
		☐ Doctor ☐ Nurse ☐ Pharmacist ☐ Advoca	☐
		☐ Doctor ☐ Nurse ☐ Pharmacist ☐ Advoca	☐



Still got unanswered questions? Ask Advoca.

- ✓ Get your appointment explained in plain English
- ✓ Trusted health information on your condition and medication
- ✓ Ask anything, any time, in the chat
- ✓ Turn your unanswered questions into a plan for your next appointment

Download free: advocahealth.com or search "Advoca - Healthcare Ally" on the App Store or Google Play



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