

How to Prepare for a Visit with Your Doctor During the COVID-19 Pandemic

Office visits can be short (about 15 minutes long), so preparing can help you make the most of your time with your doctor. The following tips will give you an easy way to organize your feelings, questions and concerns before your visit.

Share Any Symptoms You Have

Take time to make some notes about your symptoms before you call or visit the doctor.

Questions to ask yourself about your symptoms:

- What exactly are my symptoms?
- Are the symptoms nonstop? If not, when do I experience them?
- Does anything I do make the symptoms better? Or worse?
- Do the symptoms affect my daily activities? Which ones? How?



Give Information About All Your Medications

- ✓ Make a list or bring ALL your prescription drugs, over-the-counter medicines, vitamins, and herbal remedies or supplements with you to your appointment
- ✓ Tell the doctor how often you take each. Describe any drug allergies or reactions you have had



Write Down Any Questions You May Have

Mark the most important questions with a star so that you'll know to ask these first.

Sample questions about your condition:

- How serious is my disease or condition and how will it affect my home and work life?
- What caused the disease or condition?
- What symptoms should I watch for?

Sample questions about medicines:

- Why do I need to take the medicine? What does it do?
- Will this medicine have any side effects and issues if I am taking other medicines?
- What do I do if I forget to take my medicine?

Sample questions about other treatments:

- What do I need to do? How often?
- How long will I need the treatment?
- Does the treatment have any risks?

Keep a Log

- Record your blood sugar or blood pressure results regularly and bring the log to your appointment
- Make sure to always write down the date, time, test results, medication and dose, and diet and exercise information

Bring a Family Member or Friend with You

A family member or friend can remind you what you plan to talk about with the doctor if you forget. They can take notes and help you remember what the doctor says.



**Telehealth services are available if you can't visit your doctor in person!
Call your doctor to set up an appointment!**



To learn more about our doctor's group,
call Member Relations: (415) 590-7418



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