

Date: _____

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REMINDERS FOR MY DOCTOR'S APPOINTMENT

I will check on these items...

BEFORE Office Visit/Exam:

- Take all of my prescriptions, vitamins AND any over-the-counter pills that I am taking to the appointment [take original containers].
Speak about any side effects or difficulties you may have with any of these medications.
- State when your symptoms and complaints started, and what helps or hinders them.
- Take a list of questions or concerns – WRITTEN down – that you want to speak with the doctor about during visit.
- Bring along any X-rays, scans, and reports previously done by referring doctor.

DURING the Office Visit/Exam:

- Be honest about your thoughts and concerns – after all you know what your body is saying and feeling. If you have not tried something that your doctor has recommended, make sure you tell the doctor.
- Speak up if the medications or treatments do not work.
- Tell your doctor exactly what you feel or have – avoid making the comment that it is “nothing”.
- Ask questions....questions... and more questions.

AFTER Office Visit/Exam is done:

- Repeat back to your doctor exactly what you will need to do to stick to the plan of care.
- Ask your doctor if he is prescribing either a brand or generic type drug for you. Let them know if you may have difficulty paying for it/them.
- Ask questions about your doctor's expectations of what you need to do, when and for how long.
- Confirm when the next office visit should be scheduled and set a date at that time
- Fill any new prescriptions ordered for you TODAY.

Physician: _____ NEW Patient: _____