

# HOW TO PREPARE FOR YOUR DOCTOR'S APPOINTMENT

## Before the appointment

Prepare the following documents



Health insurance card,  
letter of referral (if applicable)



Vaccination certificate or  
other health certificates  
(e.g. allergy ID)



Medication plan including  
herbal remedies and food  
supplements



Other doctors' diagnostic  
findings



You want to research disease patterns on  
the internet beforehand? Mind the sources'  
quality. The page of the Federal Ministry of  
Health is recommendable:

**[www.gesund.bund.de](http://www.gesund.bund.de)**

(information only available in German)



If required, ask a trusted  
person to accompany you  
to your doctor's  
appointment.

## At the doctor's appointment:



Please mind the  
hygiene measures  
at the doctor's office.



Please  
be on time.

Be active in the doctor-patient  
communication.



Tell about the reason for your visit.  
Any information could be important to the doctor,  
also information on allergies, intolerances, preg-  
nancies, drug side effects.

Inform the doctor about which medication you  
are currently taking, if you have chronic illnesses,  
if certain illnesses are prevalent in your family.

If in pain: report since when, where, what is hur-  
ting and how the pain feels.

After being diagnosed and  
being told a treatment option,  
ask thoroughly:



- Which treatment options exist?
- What are the benefits and downsides of these treatments?
- How probable are these respective benefits and downsides?
- How long will the treatment take?
- What can I do myself?
- What does the treatment cost? Are there more economic alternatives?
- If you did not understand properly, ask further questions.

When the conversation comes to an end, sum up what was most important.  
Ask your doctor if you understood everything correctly. You may take notes on  
the main points.

## After the appointment:

- Talk about the different treatment options with a trusted person.
- Think everything through and make an unhurried decision.
- If you are not sure what to do, you may ask another doctor.
- Mind being handed the right medication at the pharmacy. If in doubt, ask your pharmacist.
- Stick to the guidelines for taking the medicine or to the recommended treatment/therapy.
- Observe yourself. If you notice any changes in yourself, contact your doctor.