

Medical Consultation Checklist

Before you see the doctor or consultant:

What are your symptoms and how long you have had them?

How do you feel? Does this vary over a 24 hour period or over the space of a few days?

What medications are you already taking including the daily amounts?

Is there any particular treatment that you have read or heard about that you would like to discuss?

What are you hoping for? What are your expectations of any available treatment?



Questions to ask during the consultation:

What do you think is wrong with me? Can you be specific? What do you think is the diagnosis?

Are test(s) required? When will they be done? Do you have access to all the latest diagnostic facilities?

Why are tests necessary and what will they show or not show?

How and when do I get the results and what are the implications?

Treatment options – have we explored all potential options?

What treatments might be appropriate for me and why?



Can I avoid surgery?

Can I compare the relative risks and benefits of the options?

Do I need a referral or a second opinion?

Who specialises in the preferred treatment options / who are the relevant experts?

What track record can the specialist demonstrate and what is the success rate and post-operative infection rate?

What's the next step?



Where can I get more information?

Is there a charity or support group that I can contact?

Is there any lifestyle change needed and what else can I do for myself?

Who should I call if I start to feel worse?

What is the post-treatment plan, and what help will be available?

