



Chase after Health

Questions to Ask Your Doctor About Your Diagnosis

- What may have caused this condition?
- Will it be permanent?
- How is this condition treated or managed? What will be the long-term effects on my life?
- How can I learn more about my condition?
- Why is this procedure or treatment necessary?
- Are there any other reasonable alternatives?
- What might happen to me if I do not have the treatment?
- What can I reasonably anticipate the outcome to be?
- What are the major risks involved?
- What is likely to be ahead? What are the best and the worst scenarios?

Personal Questions to ask your Doctor

- How many patients have you treated for this _____?
- How many have been cured?
- How many have had complications?
- Would you give this medicine to your own family or children?
- Can I get a copy of my medical records before I leave today?
- I would like to get a second opinion; are you ok with that?

Questions to Ask Your Doctor Before a Medical Test

- Why is the test being done?
- What steps does the test involve? How should I get ready?
- Are there any dangers or side effects?
- How will I find out the results? How long will it take to get the results?



- What will we know after the test?
- What are my treatment options?
- How long will the treatment take?
- What is the cost of the treatment?
- Which treatment is most common for my disease or condition?
- Is there a generic form of my treatment and is it as effective?
- What side effects can I expect?
- What risks and benefits are associated with the treatment?
- What would happen if I didn't have any treatment?
- What would happen if I delay my treatment?
- Is there anything I should avoid during treatment?
- Will my job or lifestyle be affected?
- What is my short-term and long-term prognosis?

Questions to Ask Your Doctor About a New Medicine

- What is the name of the medicine and why am I taking it?
- How will this medicine cause problems if I am taking other medicines?
- How much medicine should I take?
- How many times a day should I take it? At what time(s)? If the bottle says take "4 times a day," does that mean 4 times in 24 hours or 4 times during the daytime?
- Should I take the medicine with food or not? Is there anything I should not eat or drink when taking this medicine?
- What does "as needed" mean?
- Is it safe for me to drive while taking this medication?
- How long will it take this medicine to work?
- How will I know if the medication is working?
- If I forget to take my medicine, what should I do?
- What are the short-term side effects?
- What are the long-term side effects?
- What should I do if I have side effects?
- When should I stop taking the medicine?
- Will I need a refill? How do I arrange that?
- What studies have been done on this medicine? Has it been banned in other countries? Can you provide me with actual published studies? Are there studies on people who have not taken this drug and their long-term outcomes?



What does it mean to take medicines on an empty stomach?

Taking medicines on an empty stomach means that you should take your pills 2 hours before you eat or 2 hours after you eat.

Two examples:

1. Eat first and take the pills 2 hours later. If you eat breakfast at 8 a.m., wait until 10 a.m. to take your pills.
2. Or take the pills first and eat 2 hours later. If you take your pills at 8:00 a.m., wait until 10 a.m. to eat.

In both cases, your stomach will be empty enough for the pills to work.