

# Questions to Ask Your Doctor

Before your next doctor visit, get your questions ready. It's much better to be prepared so you don't forget to bring up something that's important to you. Remember you only have limited time with your doctor, so prioritize your questions and choose carefully.

As you list your questions below, you'll notice a place to record your doctor's answers—if you bring someone with you to your appointment, they can use this worksheet to jot the answers down.

If you are not used to asking your doctor questions, you might find the list of questions arthritis patients commonly ask their doctors helpful (included at the end of this document).



Question 1: \_\_\_\_\_

Answer 1: \_\_\_\_\_

Question 2: \_\_\_\_\_

Answer 2: \_\_\_\_\_

Question 3: \_\_\_\_\_

Answer 3: \_\_\_\_\_

Question 4: \_\_\_\_\_

Answer 4: \_\_\_\_\_

Question 5: \_\_\_\_\_

Answer 5: \_\_\_\_\_

# Sample Questions to Ask Your Doctor



- What kind of arthritis do I have?
- How advanced is my arthritis?
- What are the typical short-term and long-term effects of my kind of arthritis?
- Do I have joint damage?
- What can I do to stop my arthritis from getting worse?
- What are my treatment options?
- Why did you choose my current medication(s)?
- What does each medication do?
- What are the benefits and risks of the medication(s) you have prescribed?
- Are there any special instructions when taking any of these medications?
- What should I do if I experience side effects. Should I contact you?
- Will the side effects go away? If not, what can be done about them?
- Are there other specialists I should be seeing?
- Are there diet, exercise, and lifestyle changes I need to consider?
- Do you have patient information on arthritis?