

Going to the Doctor



Going to see the doctor? Here's some information to be prepared.

You can fill out the first part of [Today's Health Care Visit](#) worksheet before you go. It's important to note how you have been feeling since your last visit



The doctor's office can be a very busy place, so it might help you to think about things you like that you can bring with you, in case you have to wait. Here are some ideas of things you can bring with you:

- Your favourite comfort item
- A music player (like an iPod, or Discman) and headphones
- A friend, support worker or family member
- A snack or treat that you like
- A book or magazine you like to read

Things to do before you leave the doctor's visit

It is important that you understand everything that the doctor or nurse talked about before you leave the doctor's office. It can be hard to remember if they gave you a lot of information. We think it is helpful if the doctor or nurse helps you to write out important things like:

- Changes to your medications
- Other health care appointments you have
- Other things you have to do (like bloodwork, an x-ray, or an ultrasound)
- Anything about your body that you need to pay attention to when you get home

You and your doctor can use the [Today's Health Care Visit](#) worksheet and fill it out before you leave to help you remember any of these things.

Would I like to learn more about going to the doctor?



You can watch [this video](#) where Andrew explains what happens at a doctor's visit and why it is important to get a health check.