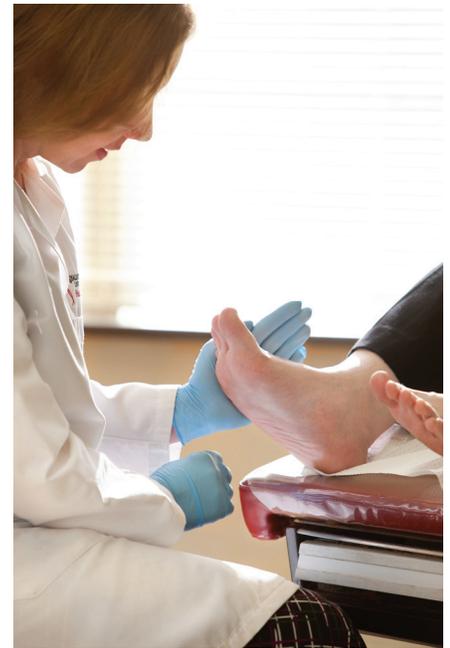


# Patient Checklist

Is this the first time you have visited a podiatrist?

**Well, don't worry.** This handy guide will prepare you for your appointment and help make the most of your time with the foot and ankle expert.



## Before Your Visit:

- » Make a list of your symptoms and questions.
- » Make a list of all medications and any previous surgeries.
- » Gather and bring important medical records and laboratory test reports from other doctors or hospitals (including x-rays, MRIs and lab results).
- » Check with your insurance provider to see if a referral is needed.
- » Call before your visit to tell the office if you have special needs.
- » Bring a friend or family member if you think it will be helpful.
- » If your problem involves walking and/or exercise, bring your walking/exercise shoes with you to the appointment.

## During Your Visit:

- » Go over your list of questions. If you do not understand an answer, be sure to ask for further explanation.
- » Take notes and listen carefully.
- » Discuss your symptoms and any recent changes you may have noticed.
- » Talk about all new medications. Ask why it has been prescribed, and how to take it.
- » Describe any allergies.
- » Tell your podiatrist if you are pregnant or if you are trying to get pregnant.
- » Let your podiatrist know if you are being treated by other doctors.

## After Your Visit:

- » Prepare for any tests your podiatrist orders. Ask about what you need to do to get ready, possible side effects, and when you can expect results. Ask when and how the test results will be made available to you.
- » Schedule a follow-up appointment (if necessary) before you leave your podiatrist's office.
- » Call your podiatrist's office and ask for your test results if you do not hear from them when you are supposed to.