

How to prepare for an appointment with your healthcare provider

It is helpful for both you and your healthcare provider to be prepared for your appointment. There are several things that you can bring with you that can help you get the most out of your appointment.

What to bring with you



A friend or family member

A friend or family member can help you remember important information and take notes for you.



A list of symptoms

Be honest and open. Consider making a diary of symptoms over several days so that you don't forget anything.



A list of medications

Bring all your medications or a list of all your medications, including any herbal remedies, vitamins or supplements.

Ask for a review of when and how to take your medications if you aren't sure.



A list of questions

Write your questions down, with the most important ones at the top of your list. Let your provider know that you have questions for them.

Take notes or ask your friend or family member to take notes when your question is answered. Ask for more information or clarification if you need it.

Questions your healthcare provider may ask you

Your healthcare provider will ask you questions about your health history and your symptoms. This list includes some of the questions you may be asked. Use this tool to write down your answers before your appointment to make it easier to recall important details about your health and your cough.

YOUR HEALTH HISTORY

- What medications are you taking?
- How much are you taking each day and how often?
- When did you start taking this medication?
- What vitamins and/or supplements are you taking?
- What vaccines have you received? When did you receive them?
- Do you currently smoke? Have you smoked in the past?
- For how long have you smoked? How much do you smoke?
- Have you tried to quit smoking in the past? If you weren't successful, why not?

YOUR SYMPTOMS

- When did your cough start?
- How often do you cough?
- How often do you cough at night?
- How does coughing affect your sleep?
- How does coughing affect you socially? Emotionally?
- What triggers your cough or makes your coughing worse?
- What makes your coughing better?
- Have you been prescribed any medications in the past to treat cough? If so, what medication(s)? When were they prescribed? How long did you take them?
- What physical affects are caused by your cough? For example, does your cough cause pain in your chest or stomach? A change in your voice? Loss of bladder control?
- How often does your cough interfere with daytime activities?
- How often do you cough up phlegm? What does it look like?