



I Wish I Had Asked That!

A worksheet to help guide you during your appointment today.

There are many things to think about when making a medical decision and often we don't know (or forget) the questions to ask to make sure we are comfortable with the decision we make.

1) What is the issue I want help with today? (fill out while waiting)

2) Questions to ask during my appointment.

- a) After speaking with my provider, we have decided that I have the following health issue: (fill out with the help of your provider)

- b) What are my options to address (or treat) my health issue?

Option 1 _____

Option 2 _____

Option 3 *Choosing to do nothing.*

(Remember, choosing not to have treatment or a test may also be an option.)

Ask your provider what that would mean for you and the health issue you are facing.)

- c) For each of these options consider asking the following questions and take notes on the back of this sheet.

- *What are the chances each option will help my problem?*
- *What are the side effects (harms) of each option?*
- *What are the chances of these side effects (harms)?*
- *What will each option cost me?*

3) Thinking about my options

After you discuss your options you may or may not be ready to make a decision. This is okay. Tell your provider you need more time. If you would like more information about your options, please ask. Consider talking to your family and friends before making a decision. Also, remember it is okay to see another health care provider for a second opinion.

Ask questions, be informed and make the decision that is best for you!

My Notes

Use the space below to take notes during or after your visit so you don't forget what you've heard.
