



## 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?*

