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[WWW.SOLEFOOTANDANKLE.COM](http://WWW.SOLEFOOTANDANKLE.COM)

## **Before Your Appointment**

When you visit your doctor, we want to make sure you get the care that you need. Here are a few tips to help you prepare for your appointment.

- \* Make a list of questions or concerns that you would like to discuss with your doctor. Think about the following questions:
  - What are your current symptoms?
  - How long have you had symptoms?
  - When did the symptoms begin?
- \* Write down your health history, including all of your allergies (food, medicine, pollens, etc.), ongoing illnesses and your past surgeries.
- \* Make a list of the medicines, vitamins and supplements you're taking, and the dosages. Include over-the-counter and prescription medicines. If you're experiencing any allergic reactions or side effects, write those down too.
- \* If you've received care somewhere else, please bring lab or test results to your doctor visit. Your doctor will also want to review recent imaging records, medical and surgical records.
- \* If you have health insurance, bring your current health insurance card.
- \* If you have been referred to our office, and your insurance requires it, bring along your referral.
- \* If your health plan requires a co-pay, bring your co-payment with you.
- \* If you have any special needs, please let our office know prior to your visit.
- \* Write down the names, addresses and phone numbers of any doctors who are currently treating you for your condition or who have treated you in the past for this condition.
- \* Bring a notepad and pen so you can take notes.

## **At Your Appointment**

Remember to bring all of the information you have prepared and give it to your doctor at the time of your appointment.

### ***Discuss all of your health concerns with your doctor:***

- \* Share all current and past health care issues. Don't be embarrassed. Your doctor understands.
- \* He or she will need this information in order to make sure you're getting the care you need.
- \* Ask your doctor any questions you have about your conditions. It's very important that you understand your health.
- \* Ask about what symptoms you can expect.
- \* Ask about your treatment options.
- \* Write down all information and instructions that your doctor tells you.
- \* If your doctor prescribes new medication, ask about when you should take it and how often. Also ask if there any special instructions or side effects you need to be aware of.

*Continued*



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***If your doctor orders any tests:***

- \* Ask your doctor to explain the tests and any preparations you need to make before the tests.
- \* Ask your doctor to explain any side effects you may experience.
- \* Ask when the results will be ready and how you should obtain them.

***Before you leave:***

- \* Schedule any follow-up appointments before you leave the doctor's office.
- \* Take home and read any materials your doctor gives you.

***Follow-up:***

- \* Tell your doctor about any changes in your condition. Also tell him or her if you've been to any other doctors or health facilities for your condition.
- \* Ask any questions that have come up since your last visit.
- \* Discuss with your doctor any medications you've been taking and the impact they're having on your health. Also discuss any side effects you're experiencing.
- \* If there have been any changes to your health insurance, home address or phone number, please provide the doctor's office with the updated information.

***Remember that you can call us any time with questions about your health or your next visit.***