

# 10 Ways to Prepare for Your New Patient Appointment

*Get the most out of your first visit by preparing some basic information in advance*

- 1. Get a copy of your medical records.** You can obtain your own copy at any time; simply call your previous physician's office. It is best for you to bring your medical records with you to your New Patient Appointment; this way if the doctor needs to review or refer to anything they may do so. Since we do not keep your previous medical records, it is not necessary to have them sent to us prior to your New Patient Appointment. Thus concluding it is ultimately best to bring your medical records on your own, so you can take them home with you and keep them in your personal records.
- 2. Prepare a list of all your current medications and supplements.** Include all of your prescription medication, over-the-counter (OTC) medications, vitamins, and supplements. We will also need to know about any allergic or negative reactions you've experienced with medications.
- 3. Gather your personal family's health history.** Take the time to ask your family members about chronic illnesses, diseases, and other health conditions. This can help our physicians decide the frequency of certain diagnostic tests and preventative screenings.
- 4. Discuss tests & screenings before and after.** If you do not have your medical records, you should be prepared to share the date and results of your last mammogram, pap smear, blood work, cholesterol levels, and other regular tests you have undergone. Your physician will determine what, if any, tests are necessary to provide a good overview of your current health condition.
- 5. Know your immunization history.** You should know the dates on which you received immunizations for influenza, tetanus, diphtheria and pertussis booster as an adult, or approximately how long ago it was. Ask your physician if a whooping cough booster is necessary.
- 6. Request a Wellness Evaluation (or "physical").** During your New Patient Appointment, ask your doctor if you need to schedule a physical in the near future. At your physical appointment, you and your physician will discuss a routine that best suits your individual needs to keep you healthy.
- 7. Prepare and bring a copy of your health concerns.** Before the appointment, take a few minutes to write down your health concerns, symptoms or questions. Bring a copy with you to share with the doctor. This may help to ensure that all of your concerns are addressed. Together as a patient-physician team, we will discuss the steps necessary to take care of your needs and create a timeline. We are not always able to address and treat all of your concerns in the confine of a single appointment, but over the course of a timeline, we can.
- 8. Write down a chronologic summary.** If you have a complex medical history or if your symptoms relate to a complex set of medical problems, write down a 1 or 2 page summary of how the problems have developed and what medications, surgeries, and other treatments you have used. This will help organize your thoughts and save time while helping your physician better analyze the problem.
- 9. Ask about after-hours and weekend appointments.** Your physician and/or the office staff can tell you the location of the nearest urgent care center. These centers can be used when you require medical attention for a non-life threatening condition at night or on the weekends. Local Urgent Care center have different office hours, so be sure to check but if you think you are experiencing a medical emergency, call 911.
- 10. Ask your doctor when you need to schedule your next visit.** Be proactive! Ask your physician when you should return. He or she can recommend the right intervals to keep you healthy.

**PLEASE FILL OUT THE APPROPRIATE MEDICAL HISTORY FORMS  
WHICH CAN BE FOUND UNDER "PATIENT FORMS" ON OUR WEBSITE**