

Talking with your Doctor:

Be clear and realistic. Focus on the most important concern each visit. Understand that sometimes you need multiple visits to cover everything.

Communicate openly:

- Answer questions about your health and lifestyle.
- Be honest.
- Tell your doctors if you are concerned about the cost of prescriptions or treatment.

If you don't understand tell your doctor.

Don't feel bad or embarrassed and don't pretend you understand. Ask the doctor to draw a picture or write it down to help explain.

Write it down. To help you remember what to do, how to look after yourself at home and plan for any follow up visits.

When you see your doctor ask:

- What is my health problem?
- What do I need to do?
- Why do I need to do this?

Health Resources

Wondering about resources in Abbotsford?

BC211 can help you find information on community, social, and government resources. To reach them simply dial **2-1-1** or visit their website **bc211.ca**

Unsure about what to do?

Receive trusted health advice by calling **8-1-1** or visiting **healthlinkbc.ca**

Pregnant or looking for maternity care?

Connect with the Abbotsford Maternity Group at **604-859-1211**

Are you a youth age 12-24 looking for care?

Connect with the Foundry at **604-746-3392**
32555 Simon Ave #101

Walk-ins welcome!

Looking for information on Walk In Clinics in the area?

Visit **Medimap.ca** and search for wait times at nearby walk-in clinics.

Making The Most Out Of A Visit To Your Doctor



1 Before you go to your Doctor:

2 In Your Doctor's Office:

3 After Your Doctor's Visit:

Always plan ahead to have a successful visit with your doctor.

Explain why you are coming in and give the reason you want to see your doctor to plan the time. Visits are typically 10 minutes, come prepared with your main concern

Write down what you want to ask your doctor because it is easy to forget.

Some questions to think about:

- What are my symptoms?
- When did they start?
- How long have I had them?
- Where and when do they happen?

Be prepared to share personal information with your doctor.

The doctor's office assistant is part of the team. They are helpful in answering questions, passing on messages, and booking your appointments. Everything is confidential.

When you arrive for your visit:

- Tell your doctors assistant your name and show your BC Care/Services card.
- If necessary, fill out forms with your personal and medical information.
- Ask if you need help.

Remember: You can bring someone with you if you'll need help talking to your doctor or remembering information.



Things to bring to your appointment:

- Your concerns and questions.
- A list of all the medications you are taking.
- Your BC Carecard or BC Service Plan Card.
- Your eyeglasses and/or hearing aids.
- Any test results from a different doctor.
- An interpreter if needed

Do you need to go for tests? Trust that your doctors will send you for the tests you need. For some tests you go for the test as soon as you can, for others you will be called.

Did your doctor give you a prescription? Take your prescription to your pharmacist. Make sure you update your medication list.

Do you have an appointment with another doctor or health professional? It could take days or months to get an appointment. If your concern gets worse while waiting, call your family doctor's office to let them know.

Are you having trouble following your treatment plan? Make another appointment to talk with your doctor.

My Doctor's office

Clinic name: _____

Phone number: _____

Fax: _____

Address: _____