

# My Doctor's Consultation Questions & Answers



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**This booklet aims to provide me with support before, during, and after discussions with healthcare professionals, for example, with my doctor.**



**I write in pencil, that way I can always keep this booklet up to date.**

# Checklist for the Consultation

I should always  
bring with me:

- E-Card
- Notepad & pen
- This booklet

If necessary,  
I should bring the  
following with me:

- Glasses
- Hearing aid
- Person of trust
- Any recent findings
- Additional documents  
e.g. vaccination card,  
allergy card,  
coagulation card



# **My Person of Trust**

**I have the right to be accompanied by a person of trust!**

## **What is the benefit of having a person of trust?**

- + Four ears hear more than two.
- + The presence of my person of trust serves as an emotional support for me.
- + He or she can ask questions and take notes during the conversation.
- + I can discuss what I have heard again afterwards and add to my notes.
- + He or she also helps me fill out paperwork / prepare for the interview.



## **This is what I take into account when choosing my person of trust:**

- + He or she should be a good listener.
- + He or she should be able to keep a clear head - even in emotionally difficult situations.
- + He or she should be able to support me the way I need to be supported, and as I discussed with him or her beforehand.

# My Medication

I provide information about the medications I currently take regularly or as needed.

## These include:

- + Pills
- + Capsules
- + Dragées
- + Syrups
- + Drops
- + Sprays
- + Ointments
- + Patches
- + Injections
- + Infusions
- + Suppositories





## These are the options to do so:

- + I make a list of my medications (templates from page 10).
- + I take pictures of my medication with my mobile phone.
- + I take the packaging of my medicines with me.

## This is what I pay attention to:

- + I also provide information about over-the-counter medicines, herbal remedies and food supplements.
- + I also note down the **strength** (including the milligrams, e.g. 100 mg or millilitre information, e.g. 5 ml). I also note the **dosage (amount)** I take throughout the day (e.g. ½ in the morning, 0 at noon, 1 in the evening, and 0 at night).

# My Medication List

## How do I fill out the template?

Page 11 shows two examples. Starting on page 12, I write down my own medication in pencil.

## If something is unclear to me, I ask:

- + What should I take this medicine for?
- + Do I still need this medicine?
- + Are my medicine combinations safe or should I exclude something?



**Tip!**

**I write down questions about my medication starting on page 36!**

<b>Name, strength [mg/ml] &amp; method of administration</b>	<b>Medication A, 100mg, Pills</b>			
<b>Dosage (amount)</b>	<b>morning</b>	<b>afternoon</b>	<b>evening</b>	<b>night</b>
	<b>1/2</b>	<b>0</b>	<b>1</b>	<b>0</b>
<b>Reason for taking</b>	<b>High blood pressure</b>			
<b>Notes</b>	<b>I write my notes here</b>			

<b>Name, strength [mg/ml] &amp; method of administration</b>	<b>Medication B, 50 ml, Drops</b>			
<b>Dosage (amount)</b>	<b>morning</b>	<b>afternoon</b>	<b>evening</b>	<b>night</b>
	<b>10</b>	<b>0</b>	<b>0</b>	<b>0</b>
<b>Reason for taking</b>	<b>Acute pain</b>			
<b>Notes</b>	<b>Only used as needed, max. 20 drops per day</b>			

<b>Name, strength [mg/ml] &amp; method of administration</b>				
<b>Dosage (amount)</b>	<b>morning</b>	<b>afternoon</b>	<b>evening</b>	<b>night</b>
<b>Reason for taking</b>				
<b>Notes</b>				

<b>Name, strength [mg/ml] &amp; method of administration</b>				
<b>Dosage (amount)</b>	<b>morning</b>	<b>afternoon</b>	<b>evening</b>	<b>night</b>
<b>Reason for taking</b>				
<b>Notes</b>				

<b>Name, strength [mg/ml] &amp; method of administration</b>				
<b>Dosage (amount)</b>	<b>morning</b>	<b>afternoon</b>	<b>evening</b>	<b>night</b>
<b>Reason for taking</b>				
<b>Notes</b>				

<b>Name, strength [mg/ml] &amp; method of administration</b>				
<b>Dosage (amount)</b>	<b>morning</b>	<b>afternoon</b>	<b>evening</b>	<b>night</b>
<b>Reason for taking</b>				
<b>Notes</b>				

<b>Name, strength [mg/ml] &amp; method of administration</b>				
<b>Dosage (amount)</b>	<b>morning</b>	<b>afternoon</b>	<b>evening</b>	<b>night</b>
<b>Reason for taking</b>				
<b>Notes</b>				

<b>Name, strength [mg/ml] &amp; method of administration</b>				
<b>Dosage (amount)</b>	<b>morning</b>	<b>afternoon</b>	<b>evening</b>	<b>night</b>
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<b>Notes</b>				

<b>Name, strength [mg/ml] &amp; method of administration</b>				
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<b>Reason for taking</b>				
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<b>Name, strength [mg/ml] &amp; method of administration</b>				
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<b>Reason for taking</b>				
<b>Notes</b>				

<b>Name, strength [mg/ml] &amp; method of administration</b>				
<b>Dosage (amount)</b>	<b>morning</b>	<b>afternoon</b>	<b>evening</b>	<b>night</b>
<b>Reason for taking</b>				
<b>Notes</b>				

<b>Name, strength [mg/ml] &amp; method of administration</b>				
<b>Dosage (amount)</b>	<b>morning</b>	<b>afternoon</b>	<b>evening</b>	<b>night</b>
<b>Reason for taking</b>				
<b>Notes</b>				



<b>Name, strength [mg/ml] &amp; method of administration</b>				
<b>Dosage (amount)</b>	<b>morning</b>	<b>afternoon</b>	<b>evening</b>	<b>night</b>
<b>Reason for taking</b>				
<b>Notes</b>				

<b>Name, strength [mg/ml] &amp; method of administration</b>				
<b>Dosage (amount)</b>	<b>morning</b>	<b>afternoon</b>	<b>evening</b>	<b>night</b>
<b>Reason for taking</b>				
<b>Notes</b>				

# I Have These Allergies

Pollen allergy: \_\_\_\_\_

Animal allergy: \_\_\_\_\_

Medication: \_\_\_\_\_

Other: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Please check:

**I have no  
allergies**

**I have an  
allergy card**

# I Have These Intolerances

- Fructose
- Lactose
- Gluten
- Histamine

Other: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



Please check:

<b>I have <u>no</u> intolerances</b>	
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# I Describe my Pain!

If I have pain, I describe it on the following pages:

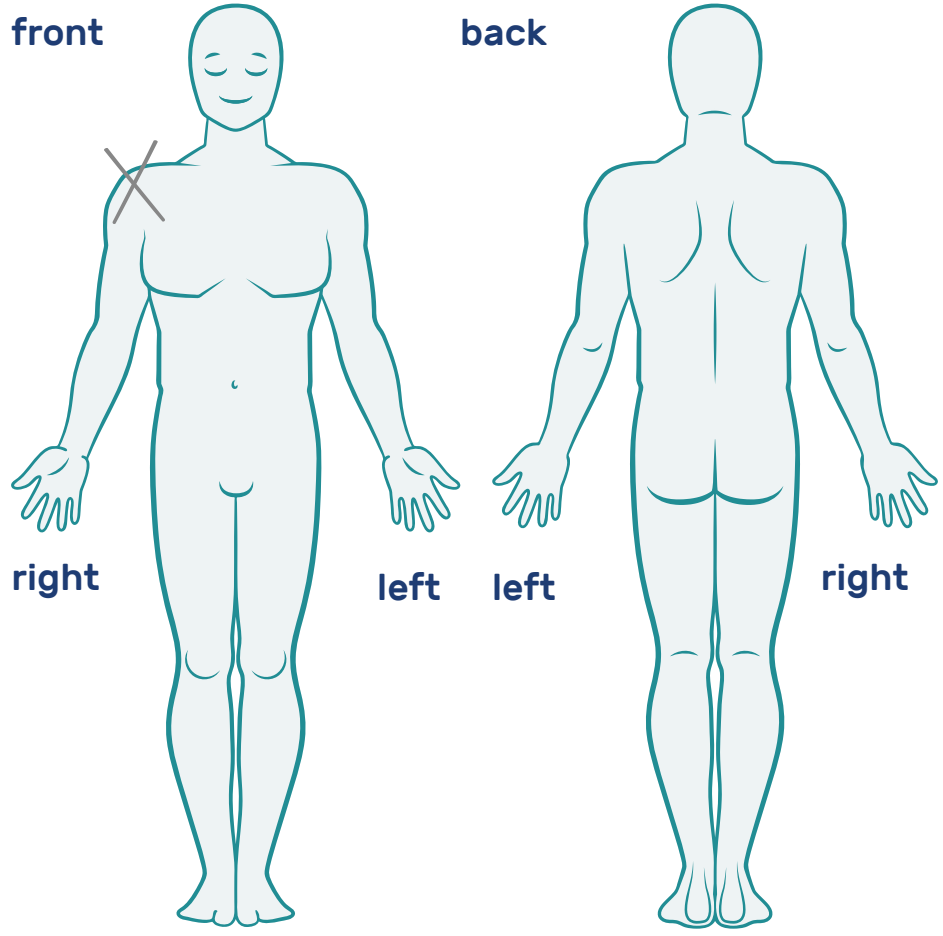
I have 4 pages for each pain. I can note 3 different pains - one after the other!

The example on page 21 shows how I indicate the strength and the location of the pain.

On the scale from 1 to 10 I mark with an X, **how strong I feel the pain** (1 = very little pain, 10 = strongest pain imaginable); On the body I mark with an X, **where the pain occurs.**

# Example

1
2
3
<del>4</del>
5
6
7
8
9
10

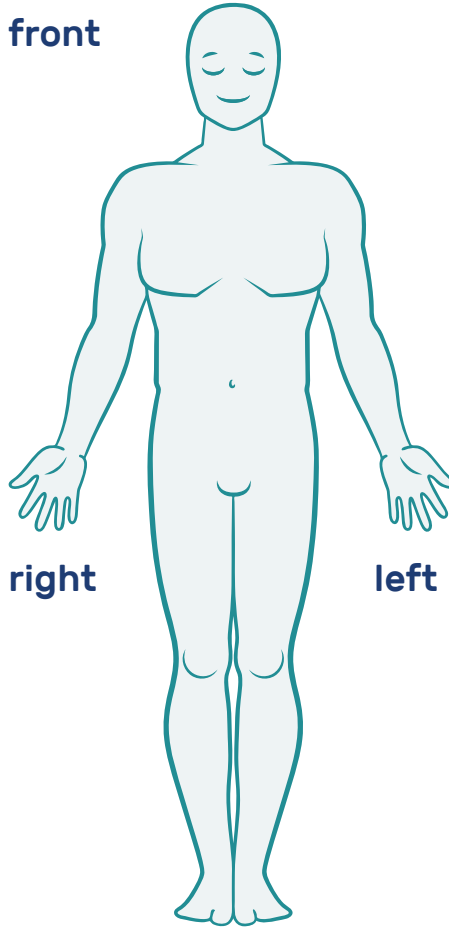


# Pain 1

I only note  
**one** pain here

1
2
3
4
5
6
7
8
9
10

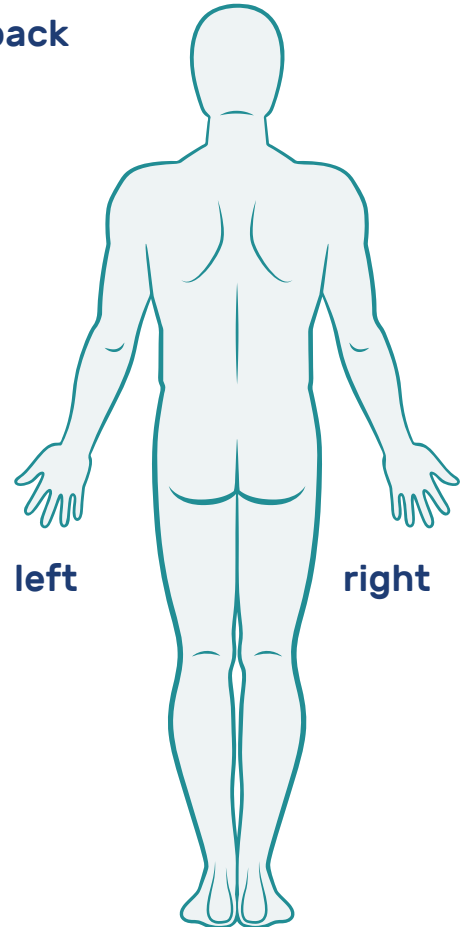
front



right

left

back



left

right

**Pain 1 is:**  
(multiple answers possible)

- piercing
- pressing
- pulling
- pulsating
- dull
- burning
- cramping
- drilling

Further comments:

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**I have pain 1:**  
(multiple answers possible)

- after waking up
- in the early morning
- in the late morning
- around lunch time
- in the early afternoon
- in the late afternoon
- in the evening
- constantly
- variable (cannot be assigned to a specific time)

Further comments:

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Pain 1 is triggered by:

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This has helped to relieve pain 1:

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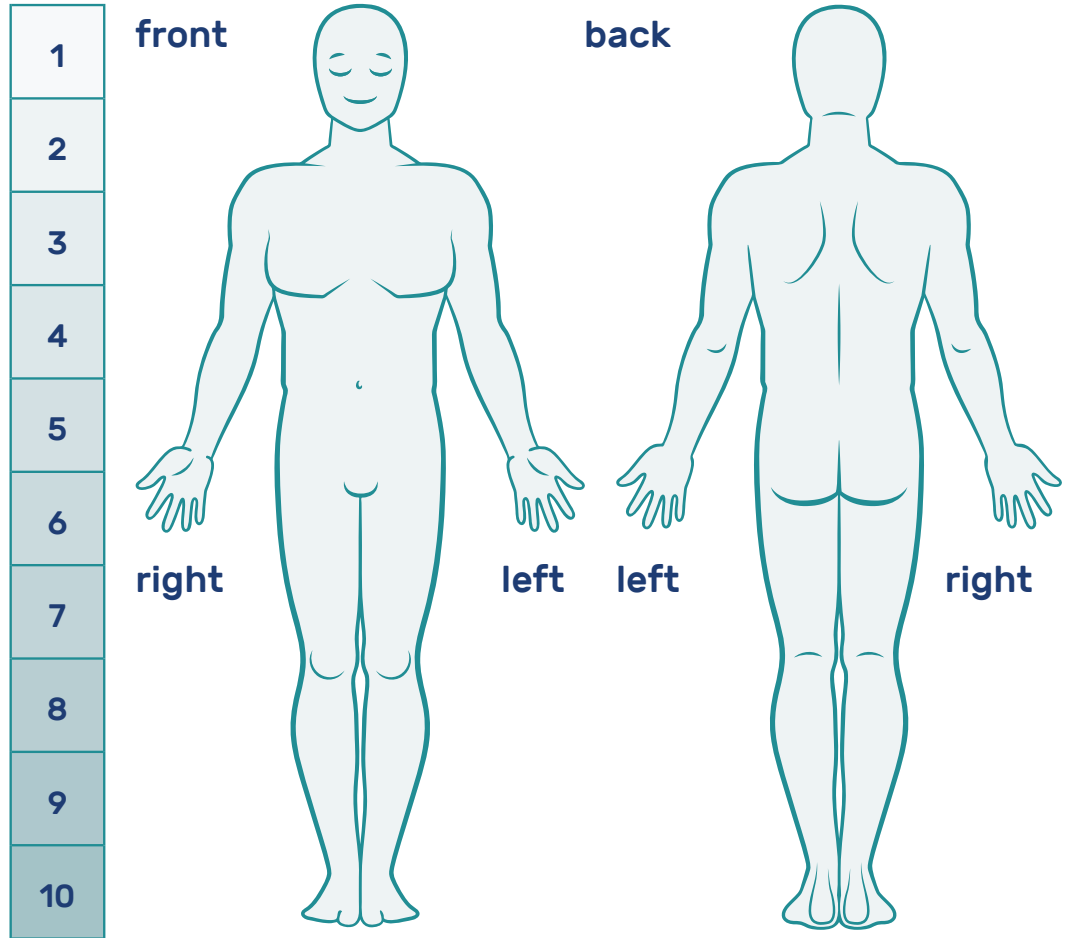
This did not help to relieve pain 1:

---

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## Pain 2

I only note  
**one** pain here



**Pain 2 is:**  
(multiple answers possible)

- piercing
- pressing
- pulling
- pulsating
- dull
- burning
- cramping
- drilling

Further comments:

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**I have pain 2:**  
(multiple answers possible)

- after waking up
- in the early morning
- in the late morning
- around lunch time
- in the early afternoon
- in the late afternoon
- in the evening
- constantly
- variable (cannot be assigned to a specific time)

Further comments:

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Pain 2 is triggered by:

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This has helped to relieve pain 2:

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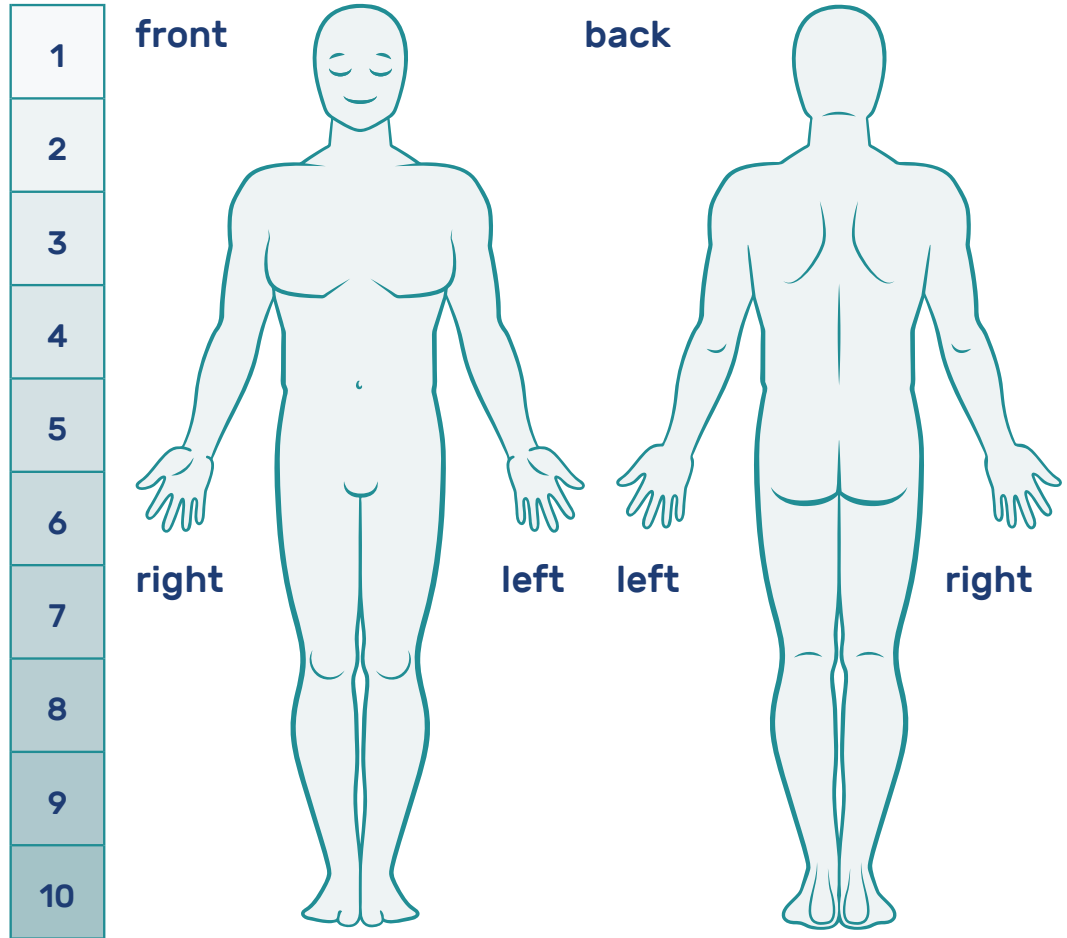
This did not help to relieve pain 2:

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## Pain 3

I only note  
**one** pain here



**Pain 3 is:**  
(multiple answers possible)

- piercing
- pressing
- pulling
- pulsating
- dull
- burning
- cramping
- drilling

Further comments:

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**I have pain 3:**  
(multiple answers possible)

- after waking up
- in the early morning
- in the late morning
- around lunch time
- in the early afternoon
- in the late afternoon
- in the evening
- constantly
- variable (cannot be assigned to a specific time)

Further comments:

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Pain 3 is triggered by:

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This has helped to relieve pain 3:

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This did not help to relieve pain 3:

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# My Questions

The next pages are  
for my questions!

These are some possible questions  
that I could ask:

- + What do I have?
- + What are possible causes of the illness?
- + What (other) possibilities of examination /  
treatment do I have?
- + What are the benefits and risks (interactions and  
side effects) of the different options?



**Tip!**

**During the consultation, I may be nervous/  
flustered. Then, my notes may be useful.**



## These are some possible questions that I could ask:

- + Can the treatment have a negative effect on my daily life?
- + When can I expect an improvement?
- + How long should I take the medicine?
- + What can I do myself?
- + What happens if I do nothing?
- + Where can I get further help (e.g. home care)?

## My questions (Examples on pages 34 / 35)

Question 1: \_\_\_\_\_

Question 2: \_\_\_\_\_

Question 3: \_\_\_\_\_

Question 4: \_\_\_\_\_

Question 5: \_\_\_\_\_

Question 6: \_\_\_\_\_

Question 7: \_\_\_\_\_

Question 8: \_\_\_\_\_

## My questions (Examples on pages 34 / 35)

Question 9: \_\_\_\_\_

Question 10: \_\_\_\_\_

Question 11: \_\_\_\_\_

Question 12: \_\_\_\_\_

Question 13: \_\_\_\_\_

Question 14: \_\_\_\_\_

Question 15: \_\_\_\_\_

Question 16: \_\_\_\_\_

## My questions (Examples on pages 34 / 35)

Question 17: \_\_\_\_\_

Question 18: \_\_\_\_\_

Question 19: \_\_\_\_\_

Question 20: \_\_\_\_\_

Question 21: \_\_\_\_\_

Question 22: \_\_\_\_\_

Question 23: \_\_\_\_\_

Question 24: \_\_\_\_\_

**I suspect that my symptoms are being caused by the following:**

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# Notes

**During the consultation my person of trust and I take notes!**

## **Why should I take notes?**

It is hardly possible to remember all information! Later on, I will need this information for a well-informed decision that suits me.

## **What content should I take notes on?**

I should ask everything I have noted on pages 36 to 39 and I should write down the answers.

## **What can I do as an alternative?**

If I can't take notes, I could ask my counterpart for permission to record the conversation on a smartphone. Then I can listen to it at home and write down what is important.





**My notes:**

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**My notes:**

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**My person of trust heard the following:**

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# I Summarise in my Own Words

## Why should I summarise in my own words?

So that I can ensure that I have understood everything correctly and avoid potential misunderstandings.

### For example, like this:

- + “So, you mean that..”
- + “Did I understand you correctly that..”
- + “Now, if I understand you correctly, you’re recommending that..”
- + “So, what you’re telling me is I should..”



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