

Ten questions to ask your doctor

No one knows you better than you know yourself. That's why it's important to play an active role in maintaining and improving your health. Don't hesitate to ask your doctor questions about your diagnoses, your prescriptions or the instructions you've been given. Not sure what questions to ask? Here are some good ones to start with:

- 1 Is there a generic version of the drug you prescribed for me?
- 2 Can you recommend the most affordable and effective treatment option?
- 3 Are there any treatment alternatives or lifestyle changes I can make to treat my problem or improve my condition?
- 4 Can you explain your diagnosis of my condition or injury?
- 5 What exactly will this drug do?
Will it cure my condition, or just alleviate my symptoms?
- 6 How long will it take for the drug to take effect?
- 7 How long will I need to take this drug?
Is it possible to get a 90-day supply if I'll be taking it for a long time?
- 8 How will I know if it's working?
Do I need to come in for a follow-up visit, exam or lab tests? If so, when?
- 9 What are the possible risks and side effects of this drug?
- 10 What should I do if my symptoms don't go away or get worse?
At what point should I contact you?