

Be An Informed Patient

**Understand your diagnoses and treatments.
Be an active member of your healthcare team.**

If you have new problems, be sure to let us know:

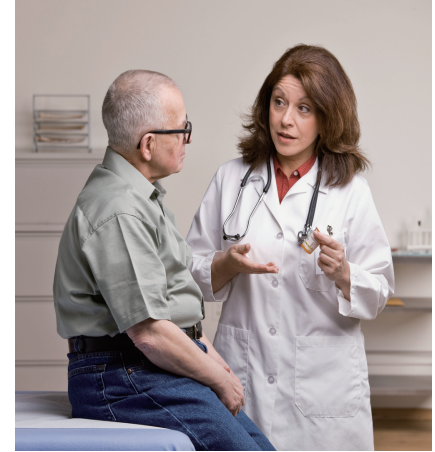
- The symptoms you are having and when they started
- What treatments you have tried and how they worked
- What makes symptoms better or worse (resting, eating, medications, etc.)
- Whether the symptoms affect activities (walking, eating, sleeping, etc.)

To understand your conditions, ask:

- What your diagnosis is and what the diagnosis means
- Whether it will resolve or is chronic
- What your current treatments are and what they do

For new medicine or treatment, ask:

- What the medicine or treatment is for
- Whether it replaces something else
- How it should be taken (time of day, with or without food, etc)
- How long should it be taken and whether you should request a refill before running out
- About any possible side effects or allergies
- Whether you should avoid anything while taking it (other medicine, supplements, food, etc)



Remember to:

- Always tell us about any other treatments you are receiving
- Ask any questions you have about your health and treatments
- Receive written instructions for new treatments
- Know when to follow-up

Use the back of this card to write down your questions and information about your health and treatment



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