The Proactive Patient’s Guide to Quality Healthcare

Establishing Care as a New Patient?
You need to carefully review your own copies AND give your new doctor copies of…

- Medical records
- Contact information for past doctors
- List of current medications and nutritional supplements

Proactive Patient Tip:
Schedule an establish-care visit to discuss health goals and become acquainted with a new doctor

To Get the Most Out of Every Doctor’s Appointment…

- Take a short list of your symptoms/concerns
- Bring an updated list of medications and nutritional supplements
- Prepare a list of questions in order of importance
- Take notes while your doctor talks or have a friend take notes

Abnormal Lab Results?
Time for a Second Opinion

- Bring medical records/lab results and a list of questions to appointment
- Bring pathology specimens when possible
- Understand that tests may need to be repeated

Proactive Patient Tip:
Have you received normal test results but are still feeling symptoms? Don’t give up—go back to the doctor and demand a re-test!

Four Things to Find Out Before a Lab Test

1. How will the sample be drawn?
2. Are there any special prep/recovery directions?
3. How does the lab report the results?
4. How long do the results take?

Proactive Patient Tip:
Insist on getting a call about your results even if they are normal

Six Pledges of a Proactive Patient

1. I will prepare for all doctor appointments
2. I will ask questions about my diagnoses and medications
3. I will bring a non-related friend to all appointments to help ask questions and take notes
4. I will speak up about my symptoms regardless of test results
5. I will call for lab results when no one calls me and request a copy
6. I will remember that medical mistakes can and do happen, but I have recourse

PEGALIS LAW GROUP, LLC
Medical Malpractice Attorneys
pegalislawgroup.com
(516) 684-2900

SOURCES
http://pegalisanderickson.com/safety.php
http://health.usnews.com/usnews.health/articles/041108/8treat.b2.htm