

Questions to Ask Your Family Doctor

Write down your top 3 questions, bring your OHIP card and a list of every medication you take, and start with the question that matters most to you. Tick the ones that fit you.

Before your visit: what to bring

- ☐ Your OHIP card (and any private insurance card)
- ☐ A list of every medication, vitamin and supplement you take, with doses (or bring the bottles)
- ☐ Notes on any symptom: when it started, how often, what makes it better or worse
- ☐ Home readings, if you have them (blood pressure, blood sugar)
- ☐ Results or reports from other clinics, hospitals or specialists
- ☐ Your family history (heart disease, diabetes, cancer)
- ☐ Your questions, written down, most important first

Questions to ask

Checkups and staying healthy

- ☐ How often should I come in for a checkup?
- ☐ Which screening tests are right for my age, such as for cancer, diabetes or cholesterol?
- ☐ Are my vaccines up to date?
- ☐ Does my family history mean I need any extra tests?
- ☐ Is my blood pressure in a healthy range?
- ☐ What is one change that would help my health the most right now?

A new or ongoing symptom

- ☐ What could be causing this?
- ☐ Do I need any tests to find out?
- ☐ What can I do at home to feel better?
- ☐ Which signs mean I should come back sooner, or go to emergency?
- ☐ When should this start to improve?

Medications

- ☐ What is this medication for, and how long will I need it?
- ☐ What side effects should I watch for?
- ☐ Can I take it with my other medications and supplements?
- ☐ Do I still need every medication I'm taking?
- ☐ What should I do if I miss a dose?

Test results and next steps

- ☐ What do my results mean for me?
- ☐ Is anything outside the normal range, and does it need follow-up?
- ☐ Do I need a referral to a specialist? How long does that usually take?
- ☐ When should I book my next visit about this?

Long-term conditions (diabetes, blood pressure, heart, thyroid)

- ☐ Is my condition well controlled right now?
- ☐ Which numbers should I track at home, and what range am I aiming for?
- ☐ How often should we check my blood work, eyes or feet?
- ☐ Can lifestyle changes reduce the medication I need?

Women's health

- ☐ Which birth control options suit me?
- ☐ Are my periods normal? They are heavy, painful or irregular.
- ☐ Am I due for cervical or breast screening?
- ☐ Could my symptoms be perimenopause or menopause, and what can help?
- ☐ What should I do before trying to get pregnant?

Men's health

- ☐ Should I talk about prostate screening, and what are the pros and cons?
- ☐ What is my risk of heart disease?
- ☐ Should I be tested for sexually transmitted infections?
- ☐ Could my medications or health affect my sexual health?

Your child's health

- ☐ Is my child growing and developing as expected?
- ☐ Which vaccines are due next?
- ☐ How can I tell when a fever needs a doctor?
- ☐ Should I be concerned about my child's speech, behaviour, eating or sleep?
- ☐ Does my child need to see a specialist?

Older adults and caregivers

- ☐ Are these memory changes normal for my age?
- ☐ What can I do to lower my risk of falls?
- ☐ Should I be checked for bone thinning (osteoporosis)?
- ☐ Could my hearing or vision be affecting my health?
- ☐ Can a family member come to my appointments?
- ☐ Should we talk about my wishes for future medical care?

Mood, stress and sleep

- ☐ Could my low mood, worry or stress need treatment?
- ☐ Could stress be causing my physical symptoms?
- ☐ Why am I sleeping badly, and could it be sleep apnea?
- ☐ Where can I get counselling or other support?

My questions

Write your own questions here, most important first.

Notes from my visit

What the doctor said, next steps, and when to follow up.

Don't wait for a checkup if:

- you have chest pain, trouble breathing, signs of a stroke (face drooping, arm weakness, trouble speaking), severe bleeding or a serious injury. **Call 9-1-1** or go to the nearest emergency department.
 - a baby under 3 months has a fever. Go to the emergency department.
 - you are in crisis. **Call or text 9-8-8** any time.
- For health advice after hours, call Health811 (8-1-1).

Book a visit at Aafiyat

WhatsApp 289-813-0786 for a same-day appointment time, or call or text the same number. Same-day times are usually available, but not guaranteed.

Looking for a family doctor? Several of our family doctors are accepting new patients: aafiyat.ca/family-medicine

80-3465 Platinum Drive, Mississauga

Mon–Fri 9 AM–8 PM, Sat–Sun 10 AM–6 PM

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