



# Empowered Patient’s Guide

## Essential Questions To Ask Your Medical Provider

### General Follow-up Questions

- Can you explain my diagnosis in simple terms?
- What are the specific criteria or tests that led to this diagnosis?
- What are the potential causes for my symptoms or condition?
- Are there different stages or variations of this condition?
- Can you explain the reasoning behind this diagnosis or treatment plan?
- How will the proposed treatment address the underlying cause of my symptoms?
- Are there alternative explanations or diagnoses that should be considered?

### Potential Risks and Side Effects

- What are the potential risks or side effects associated with the recommended treatment?
- Are there any long-term effects I should be aware of?

### Timeline and Expectations

- How long is the treatment expected to last?
- When can I expect to see improvements, and what signs should I watch for?

### Monitoring and Follow-Up

- How will my progress be monitored during treatment?
- Do I need to schedule follow-up appointments? If so, what will be evaluated during each visit?

### Medication Information

- If medications are prescribed, how do they work, and what is their purpose?
- Are there specific instructions regarding medication dosage and timing?
- Who do I contact if I am running out of medication?

### Lifestyle Changes

- Are there lifestyle changes or modifications that can complement the treatment plan?
- Should I avoid specific activities, foods, or substances during treatment or recovery?
- When can I expect to return to my regular activities without restrictions?

### Second Opinions

- Is it advisable to seek a second opinion for my diagnosis or treatment plan?
- Can you recommend other specialists who may provide additional insights?



## Emergency Situations

- What should I do in case of unexpected symptoms or emergencies related to my condition or treatment?

## Clinical Trials and Research

- Are there any ongoing clinical trials or new research developments related to my condition?
- Can you provide information about potential advancements in treatment options?

## Prognosis and Long-Term Outlook

- What is the expected prognosis for my condition?
- Are there potential complications or relapse risks to be aware of?

## Patient Resources

- Can you recommend reputable resources or support groups for individuals with my condition?
- Where can I find reliable information to learn more about my symptoms or condition?