

Checklist: Be prepared for your appointment with your family doctor

- Allow time to check in before your scheduled appointment.
- Bring your BC Services Card for registration.
- Confirm the best way the doctor's office can contact you regarding important test results.
- Ask if there is an after-hours contact for your family doctor.
- Inform your doctor of any allergies or sensitivities.
- Bring a list of medications you are taking, prescribed or over-the-counter, including vitamins and herbal remedies.
- Know your medical history; make notes of symptoms including onset and aggravating factors.
- If you have multiple health concerns, consider booking additional appointments if your family doctor is not able to address them all during your visit.
- Follow up if you have not heard about referral appointments or lab results.
- Be prepared to provide a urine sample, if necessary.
- Write down information and instructions before you leave your appointment.