

# DOCTOR BY YOUR SIDE.ORG

## DOCTOR CHECKLIST

We know you have questions before your visit to the doctor. And, if you don't write down your questions, you often forget them once you get into the doctor's office. We've created this handy checklist for you to print and take with you, so you can get all of the information you need to make the right choices for you and/or your family.

- 1. Who will administer the anesthesia? I know I have a choice between a nurse and an Anesthesiologist (Physician); I want a DOCTOR BY MY SIDE.
- 2. What are my anesthesia options? What kind of anesthesia is best for me considering my health history and the prescription medications I take?
- 3. What can I expect before the operation?
  - A. Will I need any special preparation – tests, blood donation, blood thinners, change in my routine medications?
  - B. Will I need any special diet?
  - C. When do I have to stop eating and drinking?
  - D. Should I take my home medication on the day of my operation?
- 4. What are the risks of the procedure?
- 5. What can I expect for my recovery in terms of treatment, medication, diet, and home care?
  - A. What type of care will I have to provide for myself at home?
  - B. When will I be able to return to my regular activities (work, lifting, driving, and exercise)?
  - C. Will I need any medication- antibiotics, pain medication?
  - D. What can I do to help with my recovery?

### NOTES