A DIFFERENT APPROACH—FOR NOW

10 questions to start the conversation



WELCOME

Open communication with your healthcare provider is one of the most important parts of receiving effective care. Your provider brings clinical expertise, but you bring the lived experience of your own body. When both perspectives are shared openly, it creates the best opportunity for thoughtful, personalized care.

Many people walk into an appointment with several things they want to discuss — symptoms they've noticed, questions about medications, or concerns about changes in their health. But once the appointment begins, it's very common to feel rushed, forget important questions, or become a little nervous. It's also common to leave the visit and suddenly remember something you wish you had asked.

That's completely normal.

The Top 10 Questions included in this guide are designed to help you start meaningful conversations with your provider. They are not meant to replace your own questions, but to give you a helpful starting point so you can feel more prepared, ask for clarification, and leave your appointment with a clearer understanding of your health and care plan.

Using prompts like these can help ensure that important topics are discussed and that you feel more confident participating in decisions about your health.

This resource is intended for educational and informational purposes only. It is not a substitute for professional medical advice, diagnosis, or treatment. Always consult a licensed healthcare provider regarding any medical concerns, symptoms, or decisions about your health. Never disregard professional medical advice or delay seeking care because of information contained in this resource.

Oklahoma Women's Health Collective

top 10 questions

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These questions are designed to help guide meaningful conversations and provide clarity during your visit with your provider

- ☐ Will you talk me through your concerns about this medication for me specifically?
- ☐ Based on my history and symptoms, what makes this a less ideal option right now?
- ☐ Are there specific risks to me that I may not be aware of?
- ☐ Is this medication something you generally don't prescribe or is it more my individual situation?
- ☐ Are there criteria I would need to meet for this to be considered appropriate?
- ☐ If my symptoms or labs changed, would this become an option later? And if so, what are those changes?
- ☐ Are there alternative medications that work similarly that you would be more willing to consider? (i.e. same type of medication, just different option.)
- ☐ Please help me understand where my research and information may differ from current guidelines and/or your clinical experience with the medication.
- ☐ Would it be reasonable to try this medication with close monitoring or is that not something you feel comfortable with?
- ☐ If I want to explore this option further, would you recommend I find a second opinion or specialist?

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You Belong Here.