WHEN MEDICATION IS PART OF THE PLAN

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

NEW PRESCRIPTION

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

- ☐ What specifically led you to choose this medication for me? (your symptoms, labs, history, etc. – not just general use.)
- ☐ What outcome are we hoping to see – and how will I know it's working?
- ☐ How long should I expect this to take? (i.e. short-term support or long-term management?)
- ☐ What are the most common side effects and which ones should I be concerned about?
- ☐ How might this interact with my other medications, supplements, or hormones?
- ☐ Are there lifestyle changes that could improve how well the medication works?
- ☐ What happens if I don't tolerate it well? (does adjustments, alternative medication, etc.)
- ☐ Are there other options you considered? And why is this the best fit?
- ☐ How and when should we follow up? (i.e. labs, symptom tracking, timeline, etc.)
- ☐ What should I *not* expect this medication to fix?

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You Belong Here.