

30 Questions to Ask Your Doctor

Essential questions every patient should bring to their next appointment

UNDERSTANDING YOUR RESULTS

- Which of my results are outside the normal range?
- How far outside the range are they — slightly or significantly?
- Are these values flagged for the first time, or have they been trending this way?
- Could any of my medications or supplements have affected these results?
- Should I retest any of these before we take action?
- What is the difference between a normal result and an optimal result for me?

NEXT STEPS & FOLLOW-UP

- Do these results need any additional testing to get the full picture?
- How soon should I retest to see if things are improving?
- Is this something we monitor over time, or do we act now?
- What would cause you to want to change our current approach?
- Who should I call if I have symptoms before my next appointment?

LIFESTYLE & ROOT CAUSES

- Could diet, exercise, sleep, or stress be contributing to this result?
- What specific changes could realistically move this number in the right direction?
- How long does it typically take to see improvement with lifestyle changes?
- Are there any foods or supplements I should avoid or add?
- How much physical activity would actually help — and what kind?

MEDICATIONS & TREATMENT

- What are the benefits and risks of starting a medication for this?
- Are there non-medication options I should try first?
- If I start a medication, how will we know if it's working?
- Are there any interactions with what I'm already taking?
- What side effects should I watch for?
- Is this medication lifelong, or could we stop if things improve?

PREVENTIVE & SCREENING QUESTIONS

- Am I due for any screenings based on my age and family history?
- Are there vaccines or preventive measures I should consider?
- What does my family history add to my personal risk?
- Should I see a specialist for any of this?

PRACTICAL QUESTIONS

- Where can I get reliable information about this condition or test?
- Can I message you through the patient portal if I have follow-up questions?
- What symptoms should send me to urgent care vs. waiting for an appointment?
- Is there a patient education handout or resource you recommend?

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- How will I receive my results — portal, phone call, or at next visit?