



### › Link to hospital website for further information

- Royal Perth Hospital  
[rph.wa.gov.au/For-patients-and-visitors/Outpatients](http://rph.wa.gov.au/For-patients-and-visitors/Outpatients)
- Bentley Hospital  
[bhs.health.wa.gov.au/For-patients-and-visitors/Outpatients](http://bhs.health.wa.gov.au/For-patients-and-visitors/Outpatients)
- Armadale Health Service  
[ahs.health.wa.gov.au/](http://ahs.health.wa.gov.au/)



### › Translation of this information is available

Visit [choosingwisely.org.au/resources/translated-information](http://choosingwisely.org.au/resources/translated-information) for this information in other languages

### › Be involved in your care

You and your carer or family member should be involved in your healthcare decisions.

Listen carefully and if at any time you don't understand what is being said, **ask your doctor to repeat or explain the information in another way.**



Ensuring Essential Healthcare is an East Metropolitan Health Service initiative focused on promoting high value healthcare. We are committed to providing high quality, consumer-centred care that is effective and sustainable.



Information adapted from material developed by Choosing Wisely Australia. For further information visit [choosingwisely.org.au](http://choosingwisely.org.au)



# Questions to ask at your medical appointment



These questions are provided to guide you on what to ask your doctor to help you make the **right decisions** about your healthcare.

Some tests, treatments and procedures provide little benefit. Asking these questions before you have any tests, treatments or procedures will help you get the **right amount** of care you need.

## 1. Do I really need this test, treatment or procedure?

Tests may help you and your doctor, or other healthcare providers determine the problem. Treatments, such as medicines, and procedures may help to resolve your problem.



It is important that you understand the purpose of why a test, treatment or procedure is being recommended so that you are informed about what is involved and whether you feel comfortable with this recommendation.



## 2. What are the risks?

Ask if there will be any side effects and what the chances are of needing more tests, treatment or another procedure.

## 3. Are there simpler, safer options?

It's important to investigate with your doctor all options available to you. Often lifestyle changes, such as eating healthier foods or exercising may help alongside other treatments.

## 4. What happens if I don't do anything?

Ask if your condition might get worse or better if you don't have the test, treatment or procedure.

If you are considering a safer option such as change in diet or lifestyle, ask for advice on how long you should try these safer options before coming back for a follow up visit.

## 5. How long will it take me to recover?

This relates to any procedures you may need. Ask what is involved in the recovery process.

### Tips

#### › Remember to Ask!

We encourage you to ask questions at your appointment about what matters most to you and share in the decisions about your healthcare with your doctor.



› Write down a list of questions before your appointment

Visit:

[healthdirect.gov.au/question-builder](http://healthdirect.gov.au/question-builder)

Question Builder is a free internet tool to help you prepare for your visit to a health professional.

The tool helps you build a list of questions that you would like to ask your doctor, and consider questions your doctor might ask you.

#### › Bring a friend, family member or carer

They can help you understand the information and take notes during the visit.

