EASY SELF-ADVOCACY CHECKLIST

Steps to Take Before, During, and After Your Next Doctor's Visit

BLACKEQUITY COALITION

BEFORE YOU GO	
Write down your most important questions.	☐
Make a list of symptoms or changes you've noticed.	☐
Bring a list of medications, vitamins and supplements.	☐
Bring relevant medical records if needed.	☐
Write down your doctor's name and contact information.	☐
Ask someone you trust to come with you if you'd like support	☐

DURING YOUR VISIT	
Tell your provider what has changed.	☐
Ask questions.	☐
Ask about your options.	☐
Ask about benefits and risks.	☐
Ask what happens next.	☐
Take notes.	☐
Ask for clarification if you don't understand something.	☐

BEFORE YOU LEAVE	
Make sure you know the next step.	☐
Know when you're supposed to follow up.	☐
Know what symptoms or changes should prompt you to call.	☐
Know who to contact if you have questions.	☐