

HEALTH AWARENESS BENEFITS

PUTNAM COUNTY HOSPITAL



*“Taking Care Of Families
For Generations To Come”*

1542 S. Bloomington St., Greencastle, IN 46135
(765) 653-5121 or 1-800-394-9338
www.pchosp.org

Thinking About What To Say



During Your Next Appointment?

Here are some tips to help you plan your next visit.

Make a list of your questions and concerns. Before your appointment, make a list of what you want to ask. When you are in the waiting room, review your list and organize your thoughts. You can share the list with your doctor or nurse.

Describe your symptoms. Say when these problems started. Say how they make you feel. If you know, say what sets them off or triggers them. Say what you have done to feel better.

Give your doctor a list of your medications. Tell what prescription drugs and over-the-counter medicines, vitamins, herbal products, and other supplements you are taking.

Be honest about your diet, physical activity, smoking, alcohol or drug use, and sexual history. Not sharing information with your doctor can be harmful.

Describe any allergies to drugs, foods, pollen, or other things. Do not forget to mention if you are being treated by other doctors, including mental health problems.

Talk about sensitive topics. Your doctor or nurse has probably heard it before! Do not leave something out because you are worried about being embarrassed or taking up too much time. Be sure to talk about all of your concerns before you leave. If you do not understand the answers your doctor gives you, ask again.

Ask questions about any tests and your test results. Get instructions on what you need to do to get ready for the test(s). Ask if there are any dangers or side effects. Ask when you can expect the test results and who will inform you of them.

Ask questions about your condition or illness. When your illness is diagnosed, ask your doctor how you can learn more about it. What caused it? Is it permanent? What can you do to help yourself feel better? How can it be treated?

Tell your doctor or nurse if you are pregnant or intend to become pregnant. Some medicines may not be suitable for you. Other medicines should be used with caution if you are pregnant or plan to become pregnant.

Ask your doctor about any treatments he or she recommends. Be sure to ask about all of your options for treatment. Ask how long the treatment will last. Ask if it has any side effects. Ask how much it will cost. Ask if it is covered by your health insurance.

Ask more questions if you do not understand something. If you are not clear about what your doctor or nurse is asking you to do or why, ask to have it explained again.

Bring a family member or trusted friend with you. They can take notes, offer moral support, and help you remember what was discussed. You can have that person ask questions also.

Call before your visit to tell them if you have special needs. If you do not speak or understand English well, the office may need to find an interpreter. If you have a disability, ask if they can accommodate you.

March 30 is National Doctor's Day!

Putnam County Hospital would like to thank all of our physicians for their hard work. We truly appreciate all that you do to keep our community healthy.

For a list of services provided by Putnam County Hospital, visit us online at www.pchosp.org or call 765-653-5121.

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This fact sheet is for information only and is not meant to be used for self-diagnosis or as a substitute for consultation with a health-care provider. If you have any questions about the disease described above, consult a health-care provider.

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