



## Fall General Surgery, LLC

### **Preparing for your Appointment**

Before coming to a consult appointment at Fall General Surgery, whether you are being referred, or have a concern that you would like Dr. Fall or Nurse Practitioner Kelli Culver to look at – it is important to prepare. Below are some points to consider as you get ready for your appointment. If it is helpful – you can print out this list and jot down replies to the questions as talking points.

### **What you can do**

When you make an appointment, or are contacted by our staff to schedule an appointment when following up on a referral to us – ask if there is anything you need to do in advance. Make a list of:

- *Your symptoms*, even if they may seem unrelated to the reason for your appointment.
- *Key Personal Information*, including major stresses, recent life changes and family medical history
- *All medications*, vitamins or other supplements that you take including the dosages.
- *Bring someone with you*. If possible, bring a family member or friend to help you remember things that you may forget.
- *Prepare questions to ask*.

### **Some basic questions to ask include:**

- What is likely causing my symptoms?
- Are there any other possible causes for my symptoms?
- Do I need any tests?
- Is my condition likely temporary (acute) or chronic?
- Are there any dietary suggestions I should follow?
- Are there restrictions that I need to follow?
- What is the best course of action?
- What are alternatives to the primary approach you are suggesting?
- Share if you have other health conditions – how can I best manage them together?
- Are there brochures / literature suggestions or any articles that you can share or point me in the direction of to learn more about this concern... Are there any websites that you recommend?