

How to Prepare for Your Doctor's Appointment

What will happen during my appointment?

- Your doctor will take a history and find out about your symptoms, like pain and weakness, and what treatments you may have already tried. Your doctor will also ask you questions about your general medical health, what medications you take and what other doctors you are seeing.
- You will then have a physical examination.
- Your doctor will look at your x-rays or any other tests you have had.
- You and your doctor will discuss the diagnosis and come up with a treatment plan or organize more tests if necessary

Patient information questionnaire

New patients will be asked to complete a [Patient Information Questionnaire](#). You can do this in advance at home online. If it has been some time since you have completed the form, you may be asked to complete an updated questionnaire.

X-Rays may be required

An x-ray may be required for your appointment. The MOA (Medical Office Assistant) will let you know if you need an x-ray at the time of booking your appointment.

- If you are going to the hospital or CML for an x-ray please have this x-ray done **one week prior** to the appointment. A requisition will be faxed to the appropriate destination when your appointment is set up with the surgeon.
- If you are having any diagnostics (x-rays, MRI, CT etc) done outside of Vancouver Island then you will need to bring in a CD with the actual images and the corresponding report.

Things to bring/know for your appointment

If you are unable to complete our [patient information form](#) online, please arrive 20 minutes early to complete it in the office.

- Health care card.
- List of names and doses of any medications & supplements that you are taking.
- List of any Specialists that you have seen.
- Name of your family physician (if you have one).
- List of any surgeries you have had.
- Any braces or orthotics you have used for your condition.
- A family member or friend to help with listening or translating, if needed.

What should I wear

- Please wear a tank top if your shoulder is being assessed.
- Please wear or bring a pair of shorts or loose fitting pair of pants if your knees, feet, or ankles are being assessed.

How long will my appointment be?

- Please arrive 10 minutes early for your appointment (20 minutes early if you need to fill out our questionnaire).
- Please be prepared to be at our office for approximately 1 hour.

Location of your appointment

Your appointment may be at any of the following locations below. The MOA will let you know the location of your appointment at the time of booking your appointment.

- [Rebalance^{MD}](#): 104-3551 Blanshard Street @ Uptown, Victoria, BC, V8Z 0B9
- Victoria General Hospital: Orthopaedic Clinic, 1 Hospital Way, Victoria, BC, V8Z 6R5
- Royal Jubilee Hospital: Clinic 3, 1952 Bay Street, Victoria, BC, V8R 1J8
- Saanich Peninsula Hospital: 2166 Mount Newton Cross Road, Saanichton, BC, V8M 2B2
- Victoria Surgery: 715 Finlayson Street, Victoria, BC, V8T 2T4
- Queen Alexandra Hospital: 2400 Arbutus Road, Victoria, BC, V8N 1V7