

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 History Questionnaire

New patients will be asked to complete a Patient History Questionnaire which is sent to you digitally via e-mail. You can do this in advance at home. If it has been some time since you have completed this, 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 xray at the time of booking your appointment:

- West Coast Medical Imaging is an x-ray department located next to RebalanceMD. The MOA can arrange for you to have your x-ray shortly before your appointment time.
- If you are going to the hospital for an x-ray, then please have this x-ray done 1 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 (xrays, MRI, CT etc) done outside of Vancouver Island then you will need to bring in a CD with the actual images and the report.

Things to bring/know for Your Appointment

- Fill out the Patient History Questionnaire before your appointment
- Know the names and doses of Medications & Supplements that you are taking
- Know the Specialists that you have seen
- Know the surgeries you have previously had
- Any braces or orthotics that you have used for your condition

Please check in with our receptionist when you arrive. They will ask you a few questions.

- Please have your Healthcare Card ready
- Know your Family Physician (who will receive copies of the visit notes)
- Confirm your address and phone number

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.
- Please do not wear any heavy body creams/lotions or perfumes

How long will my appointment be?

- Please be prepared to be at your appointment for an 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.

- [RebalanceMD](#): 104-3551 Blanshard Street @ Uptown, Victoria BC, V8Z 0B9
- Victoria General Hospital: Orthopaedic Clinic, 1 Hospital Way, Victoria BC, V8Z 6R5
- Saanich Peninsula Hospital: 2166 Mount Newton Cross Road, Saanichton BC, V8M 2B2
- Royal Jubilee Hospital: Clinic 3, 1952 Bay Street, Victoria BC, V8R1J8
- Victoria Surgery: 715 Finlayson Street, Victoria BC, V8T 2T4
- Queen Alexandra Hospital: 2400 Arbutus Road, Victoria BC V8N 1V7