

## 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:

- Please try to 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 physician.
- If you are having any diagnostics (xrays, MRI, CT etc) done outside of the local Health Authorities 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.