5 Step Guide for Your Hepatitis C Doctor Visit

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Preparing ahead for your appointment with your hepatitis C doctor helps you get the most out of your time with your doctor while helping you get the answers you need for your best care. Here's a 5 step guide to help you prepare ahead and be proactive:

1. If this is your first visit, be prepared to give the following information; health insurance information, medical history, family health history, contact information for all your healthcare providers, any liver ultrasound, or imaging reports and blood work reports.
2. Write down a list of all medications you take, including prescription and over the counter drugs and supplements. If this is a follow up visit, make note of any changes in your medication since your last visit.
3. Write down any symptoms, or side effects you have been experiencing; when it began, what, if anything brought relief, and details of what you are experiencing. It's best to write this down and take your note with you to the doctor. You may think you'll remember, but at times it's easy to forget vital information when you're talking with your doctor. If this is a follow up visit, discuss any changes to your symptoms or side effects since you last saw the doctor.
4. Write down and discuss with your doctor any concerns you have about your condition with hepatitis C or medication. Ask your doctor if there is something specific you need or don't need to do. Be sure to ask what over the counter medication, vitamins or supplements are safe for you to take.
5. Talk to your doctor about any tests you either need to have done or have done. Ask details about these tests; what is the name of the test, why do I need the test, what is the doctor looking for from the test, what is the normal or not normal range for each test, how often will I need to repeat these tests? Ask for copies of the report to keep for your file at home.

Do you have a question or comment about preparing for your doctor's visit? Do you have a good tip to share?

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