

Between Appointments: For Patients

After your appointment

- ◆ Make plans to follow your doctor's or nurse's recommendations. Discuss your plans with your Care Partner.
- ◆ Make appointments to have tests done or see a specialist if you need to.
- ◆ Review your (or your Care Partner's) notes from the appointment, or the printed visit summary you receive, to make sure you haven't forgotten any key things you discussed at your appointment.

Call your primary care team at any time

- ◆ If you do not understand, or have trouble following, the doctor's or nurse's instructions after you get home.
- ◆ To find out test results if you haven't received them within a week of the test date. Do not assume that no news is good news. Ask what you should do about the results.
- ◆ To ask about test results you do not understand.
- ◆ If you experience any side effects or problems with your medicines.
- ◆ If your symptoms get worse (or do not get better).
- ◆ If you receive any new prescriptions from another doctor or start taking any over-the-counter medicines.
- ◆ If you have any questions about your self-care regimen.



Tima Miroscnicheko (photographer). Man on Phone [Digital image]. Retrieved from // www.pexels.com/photo/man-in-brown-sweater-and-jeans-talking-on-the-phone-5708710

Between Appointments: For Care Partners

After an appointment

- ◆ Help and encourage your Patient Partner to make plans for how to follow their doctor's or nurse's recommendations.
- ◆ Discuss the Visit Summary that you and your partner receive.
- ◆ Talk to your Patient Partner about making appointments to have tests done or to see specialists if your partner needs to.

You and your partner should plan to contact your partner's primary care team if your partner:

- ◆ has problems following, or does not understand, the doctor or nurse's instructions.
- ◆ does not receive test results within a week of the test date. Do not assume that no news is good news.
- ◆ does not understand test results.
- ◆ experiences any side effects or other problems with their medicines.
- ◆ has symptoms that get worse (or do not get better).
- ◆ receives any new prescriptions from another doctor or starts taking any over-the-counter medicines.
- ◆ has any questions about their self-care regimen. or to see specialists if your partner needs to.

Patients who talk with or call their primary care team tend to be happier with their care and have better medical results. You should encourage your Patient Partner to contact their primary care team themselves whenever possible. However, if your Patient Partner feels that you are the best person to call, that is OK too. If you call, be sure to write down what the doctor or nurse says, and share it with your Patient Partner as soon as possible.