

Knowing what to ask your doctor

Speaking to your doctor about a serious or painful issue can be tricky.

Many people become nervous and find it difficult to communicate their symptoms, or advocate for their needs and preferences when seeking a referral to a specialist or hospital.

So, we've prepared this handy guide with information to bring and questions to ask when visiting your doctor. We hope it enables you to have as much input as you would like when choosing your care team. Stay informed and in control, put your needs first and get the support you need.

Preparing to meet your doctor

When seeking a diagnosis

- Try to document your symptoms, their frequency, impact and what you're doing when you notice them most.
- Try to describe what it is about your symptoms that is most concerning to you or the effect they are having on your daily life.
- If presenting to GP, ask: "Do I need to seek advice from a specialist for my symptoms"?

Questions to ask your doctor

Understanding your diagnosis

- What causes my condition and how serious is it?
- Is it likely to get worse or get better?
- Do I need to see a specialist or be treated at hospital?

Getting a referral

- What treatments are available, and do you have a recommendation?
- How is the treatment given?
- How quickly do I need treatment?
- Who can administer the treatment?
- Are there any risks or side effects?
- Will I need any other tests?

Many people don't know that you can ask your GP or specialist to be treated at a hospital of your choice. Cabrini Health has agreements with all of Australia's private health insurers, and is chosen by hundreds of leading specialists and surgeons, so there is no barrier to accessing our services.

**If you need hospital care
now or in future – you can ask for Cabrini.**



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