



## Tip sheet: Questions to ask your health care team

This tip sheet provides information about questions you may want to ask your health care team.

### Questions to help you talk with your health care team:

- o Will the information I give you be kept private?
- o Is it okay to speak with you alone without my parents?

### Questions about your condition or health problem:

- o What's the matter with me?
- o Can you draw a picture to show me what is going on?
- o What causes this kind of problem? Is this serious?
- o Can I give this condition to someone else? If so, how?
- o Is there anything I should not eat or do?
- o When can I go back to school or continue my programs?
- o How can I stop this from happening again?

### Questions about your medications:

- o What does this medicine do?
- o How long should I take it and how often?
- o What are the side effects?
- o What will happen if I don't take it or miss a dose?
- o If I don't get better, how long should I wait before calling you?

Remember... the more you understand, the less nervous/scared you will feel.

### Questions for your tests and treatments:

- o Why is this test needed?
- o Will it hurt? Is there anything I can do or take to reduce the pain?
- o Are there any risks or side effects?
- o What side effects or changes should I report to you?
- o Will the test be done in your office or a lab or hospital?
- o How should I prepare for the test or treatment?
- o What will happen if I don't get the test?

