



Creekside Family Medicine

Talking with your Provider

Creekside Family Medicine encourages patients to be advocates for their own health. Listed below are some tips to help you make the most of your appointment time and ensure we meet your needs.

Give information. Please don't feel you have to wait to be asked.

- You know important things about your symptoms and your health history. Tell your provider what you think he or she needs to know.
- It is important to tell your provider personal information—even if it makes you feel embarrassed or uncomfortable.
- Bring a “health history” list with you (and keep it up to date). If you don't have a health history form, please ask our staff for one.
- Always bring any medicines you are taking, or a list of those medicines (include when and how often you take them). Talk about any allergies or reactions you have had to your medicines.
- Tell your provider about any natural or alternative medicines or treatments.
- Bring other medical information, such as x-ray films, test results, and medical records.

Get information.

- Ask questions. If you don't, your provider may think you understand everything that was said.
- Write down your questions before your visit. List the most important ones first to make sure they get asked and answered.
- You might want to bring someone along to help you ask questions. This person can also help you understand and/or remember the answers.
- Ask your provider to draw pictures if that might help to explain something.
- Take notes.
- Some providers do not mind if you bring a tape recorder to help you remember things. But always ask first.
- Let your provider know if you need more time. If there is not time that day, perhaps you can speak to a nurse or physician assistant on staff. Or, ask if you can call later to speak with someone.

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A Rogue Valley Physicians, PC clinic.

Take information home.

- Ask for written instructions.
- Your provider also may have brochures and audio and videotapes that can help you. If not, ask how you can get such materials.

Once you leave the provider's office, follow up.

- If you have questions, call.
- If your symptoms get worse, or if you have problems with your medicine, call.
- If you had tests and do not hear from your provider, call for your test results.
- If your provider said you need to have certain tests, make appointments at the lab or other offices to get them done.
- If your provider said you should see a specialist, make an appointment.

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