

## WHAT TO BRING WITH YOU TO YOUR DOCTOR APPOINTMENT



### **Before your appointment**

Preparing in advance for your appointment will help you feel more comfortable when the day arrives. Take the time to gather personal and medical information and write down any questions you have for your physician prior to the visit.

### **Medical Records**

Your physician will want to review your medical records prior to or during your visit. Records include laboratory tests or diagnostic imaging tests done in connection with the reason for your visit. When requested, please provide written pathology reports, X-rays, scans or MRIs.

- List of all your medications
- Lab results
- CT scan results
- Pertinent medical records
- Pulmonary Function Test results

### **Health History**

Be prepared to discuss your past and current health issues, such as hospitalizations, surgeries and allergies. You may be asked questions about your family's health history and your diet, exercise and sleep habits.

### **Medication**

Always bring a list of your current medications (prescription and over-the-counter drugs, supplements and vitamins) including the dosage and frequency. We will need the name and contact information for your pharmacy.

### **Testing**

In the chance that you might need testing on the day of your appointment, please be sure to be off antihistamines (Benadryl, Zyrtec, Allegra, Claritin, etc.) and, antihistamine nasal sprays, five days prior to the appointment. We also suggest wearing a short-sleeved shirt.

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