

It's Your Health Visit- Make the Most of It!

Questions to Ask During a Checkup

At your health checkup, your doctor will ask you questions so they can help you get healthy and stay healthy. Be as honest as possible, so you can get good advice. It's ok to not answer a question if you don't want to. Even if you don't talk about some of these questions at home, it's okay to ask your doctor. **YOU CAN ASK QUESTIONS TOO!**



FYI!

In VT, if you are 12 or older, you have the right to **confidentiality (privacy)**. Ask your doctor for more information. Talk about what's important to share with your social worker or foster parents, and what can be private.



Having time alone with your doctor is important.

Some youth don't want anyone in the room with them and their doctor. Others would like an adult they trust to join part of the checkup. If you ever feel nervous at the doctor's office, it's okay to say that. Speak up and say what **you** want!

People ask all kinds of questions. **It's OK to ask things like:**

Is my body growing the way it should?

What if I'm seeing changes in my body and its making me feel uncomfortable?

How do people my age know if they're gay, or part of the LGBTQIA+ community?

What if I have feelings that are different from other people my age?

Your doctor might talk about smoking, vaping, alcohol, cannabis/marijuana, drugs, depression, anxiety, safe sex, or screen time. They can tell you how these things affect people your age and help you think about how to stay safe and healthy.

Maybe you have questions like these:



- I feel sad and worry a lot. What can help?
- Don't most people my age try weed/cannabis?
- I've already had sex with someone. Do I need to do anything?
- Is vaping safer than smoking cigarettes?
- I don't have a dentist. Can you help me find one?
- Is there anything I can do if loud noises or crowds make me feel nervous?
- How can I handle my ADHD at school or with friends?

These are just a few of the health topics you can talk about. You don't have to wait for someone to bring up these topics. **You can just ask about anything on your mind.**

Questions to Ask if you Have a Health Problem

If you go to your doctor about a health problem, it's good to ask:



- What's the name of my health problem?
- Can you explain it to me in a few words?
- What do I need to do to get better?
- What medicine or treatment do I need to take?
- What happens if I don't take my medicine?
- Is my health problem serious? Will it go away? Can I give it to others?
- If I see other doctors for this problem, can you make sure we are all on the same page with a plan?

You can ask the doctor to repeat what they said

As your doctor or nurse answers your questions, let them know if you don't understand something. It's OK to ask them to go over something again.

Could you repeat
that?

Ask your doctor
to write it down.

Can you explain
that? I'm not sure
I understand.

Ask about medicines



If your doctor gives you medicine, ask questions to make sure you know how and when to take it.

- What if I miss a dose?
- If I'm feeling better, can I stop taking it?
- Does this medicine have side effects?

Your doctor might give you a paper with instructions. Be sure to look at it later. This helps you remember what you talked about. **Have questions? Call the office and ask!**

Be sure to ask if you need to change to another practice as you get older.

Before your health visit with your doctor

Here are some spaces for you to write down or think about what you want to ask!

- One thing I've been wondering about is:

- Can you tell me more about:

- Is it ok to ask about:

**If you ever feel like hurting yourself or are in a crisis,
you can tell your doctor, a trusted adult, or call 988 for help.**