

IN CONTROL.

MAKE THE MOST OF YOUR VISIT

Healthcare visits can feel confusing for many people. Use this sheet to prepare for your visit and process any changes or new information afterward.

BEFORE YOUR VISIT

What is the main reason for your visit?

Do you have new or changing symptoms?

Describe them here as well as when you noticed them:

List any questions you want to ask:

(For example: What lab work or tests should I have? What steps can I take to protect myself? Am I at risk for other health problems? Am I due for any screenings or immunizations today? What are my options? What do you recommend?)

DURING YOUR VISIT

It may feel embarrassing, but it's important to be open and honest during sexual and reproductive health visits so that your provider can give you the best care possible. It's okay to take notes and to ask them to clarify if something doesn't make sense.

It might help to ask your provider these questions during your visit:

What is my main issue or concern?

What should I do?

Why does this matter?

If you have any lab tests done, when and how can you expect to get the results?

AFTER YOUR VISIT

What are your next steps?

(For example: wait for test results, schedule follow up appointments, pick up medications from the pharmacy, consider lifestyle changes, wait for a referral phone call, etc.)

Did you understand everything your care provider told you? Do you have any questions that did not get answered?

Were you treated with dignity and respect?

If you still have questions, or if your provider told you something you didn't understand, you have a few options.

- You can schedule another appointment to discuss these questions.
- You can call the clinic or use an online care portal to leave a message for your provider. Be aware that they may not get back to you right away. Give as many details as you can to allow your care team to prepare before they call you back.
- You can seek answers online from trusted resources. Be careful to choose websites that are medically accurate, unbiased, and trustworthy. Visit InControlNebraska.com to find a few we recommend.

If you feel you were not treated with dignity or respect, you do not have to accept it.

- If you feel comfortable, you can discuss your concerns with your provider and explain how their words or actions caused harm.
- You can make a complaint to the clinic manager or other organizational leaders.
- You can seek a new provider. You do not have to remain with a healthcare provider who disrespects you. It can be hard to start over with a new provider, but it may be worth the effort to find someone who is a better fit for you.

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