

On the Day of Your Appointment for Post-COVID Conditions | COVID-19 |

Accessible version: <https://www.cdc.gov/coronavirus/2019-ncov/long-term-effects/post-COVID-appointment/index.html>

On the day of your appointment, try to arrive a little early or, for telemedicine appointments, call in or log on a few minutes ahead of the appointment. If your provider is running late, you can use the time to make sure your paperwork or forms have been filled out and the front desk has your correct information. Everyone likes to be seen on time, but it's important to remember that each patient should receive the same attention from the provider once it is their turn. The list below can help you get the most out of your appointment.

DURING YOUR APPOINTMENT



Since appointment time is often limited, it will help to **make a list** of why you are coming in for an appointment. Start with your most concerning issues (sometimes called “chief complaints”).



Focus on **talking to your provider** as this can be the most valuable part of the visit. If your provider still needs any of your past medical records, **ask to sign required forms** to give your permission to have these records sent.



Ask questions, starting with the most important ones. Don't hesitate to ask your healthcare provider to clarify the answers if they are not clear to you.



Be prepared to **discuss your activity levels, what activities make your illness worse, and any medications** that seem to improve or worsen the symptoms.



Answer the provider's questions. Explain how you feel. Be straightforward, and don't be embarrassed to talk about anything.



Let your provider know if there have been any changes to your **prescribed medications and supplements.**



Make sure you **understand the next steps.** Bring pencil and paper to write down instructions or use your hand-held device for notes. Repeat back what the provider has told you to check for understanding. (For example, you might ask: “So, I should go to the lab next week with this paperwork to get my blood drawn?”). Additional questions could include:

- Will I need additional tests?
- When and how will I get test results?
- When should I return for another visit?



Ask for an appointment summary. You can also ask the provider to write down any instructions, medication names, etc. for you. If there are changes to your treatment plan, make sure you understand what to do. For new medication, ask why it is being given and what you should expect by taking this new medication.



For more information on post-COVID conditions, please visit
<https://www.cdc.gov/coronavirus/2019-ncov/long-term-effects.html>.