



Your Family Doctor

Checklist of information to update your family doctor:

- All medications that you are currently taking (including over-the-counter medicines such as pain relievers, laxatives, nutritional supplements, vitamins, minerals and herbal therapies).
- All of the specialists you are still seeing and why.
- All your future screening tests and how often these should be scheduled.
- Your feelings, fears or concerns about anything that may affect your recovery including symptoms or changes that you are experiencing that cause you to worry.
- Any lifestyle changes you make, such as quitting smoking or changing your diet or exercise routine.