

Before Your Visit

Tips for patients seeking medical care

A free online resource to help you...

**ACT NOW.
LEARN HOW.**

www.beforeyourvisit.org



Developed by the
Bioethics Research Center
at Washington University School of Medicine



Find the Right Doctor

Research a doctor before making an appointment using trustworthy sources



Know What to Expect at Your Next Appointment

Learn about the tests or procedures you will receive before your next visit



Ask Questions

Build customized lists of questions to ask your doctor



Use a Chaperone

Discover how to request a chaperone at your next appointment or serve as a chaperone for a loved one



Respond to Mistreatment

Find out where to turn if you suspect you or a loved one has been a victim of abuse, assault, or fraud by a healthcare provider

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TESTIMONIALS

"I think it would be perfect anytime you're dealing with any type of appointment, procedure, or exam in general."

–Xavier, age 38

"It talks about things that you usually don't get in a physician's office. A broad range of things that maybe people don't think about. Like challenging their doctors and speaking up, and advocating for yourself [...] so I really enjoyed it"

–Carrie, age 41

"I think a lot of people don't feel empowered to ask questions and to challenge their medical professionals...[This guide] helps you think that it's okay, and not only is it okay but maybe we should be doing it"

–Kate, age 55