

PREPARE FOR YOUR CONVERSATION WITH YOUR DOCTOR



This list of suggestions can help you get started.
You can print this page and bring it with you to your next office visit.

1 BEFORE YOU MEET WITH YOUR DOCTOR, TAKE A MOMENT TO:

- Write down questions to bring with you.
- Gather your medical records to share with your doctor.
- Set aside a pen and paper for taking notes during your visit, to help you remember important points.
- Consider bringing a friend or family member to your appointment or procedure, if circumstances allow.

2 WHEN YOU MEET WITH YOUR DOCTOR, ASK:

- How is my heart failure likely to progress (or get worse)?
- What is the severity of my condition?
- What class of heart failure am I in?
- If my heart failure gets worse, what therapies and treatment options are available besides medications?
- What treatment options may be best for me, and what are the associated risks, benefits and side effects of those treatments?
- What are the three most important things my family and I can do right now to manage my heart failure?

3 DURING YOUR DISCUSSION, YOUR DOCTOR SHOULD GIVE YOU:

- A clear explanation of your condition, diagnostic tests and treatment options, as well as the risks and benefits of treatments.
- Action steps to take if your symptoms worsen.
- Referrals to appropriate specialists, when necessary.

ADDITIONAL INFORMATION

These materials are not intended to replace your doctor's advice or information. For any questions or concerns you may have regarding the medical procedures, devices and/or your personal health, please discuss these with your physician.

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