

The Conversation: Questions for Your Healthcare Team

Good communication with your healthcare team will help you get the most from your appointments with your healthcare provider. Follow these steps and questions to get started.



Prepare for your appointment

These steps can help you make the most of your time with your healthcare provider:

- Keep a symptom journal. In addition to symptoms, you can use a journal to keep track of appetite, energy levels, moods, sleep habits, and how you feel each day.
- Write down a list of questions and topics you want to cover at your next appointment
- Prioritize the questions and topics that are most important to discuss with your healthcare providers.

Questions about treatment:

Ask these questions for every treatment you are prescribed:

- How does this treatment work?
- How will we know if the treatment is working?
- Why do you recommend this approach?
- What are the goals of this treatment?
- What are the risks associated with this treatment?
- Should I make any lifestyle changes during treatment? Changes to activities, what I eat, or other habits?
- What are the options if this treatment doesn't work?
- Who can I talk to if I'm concerned about the cost of treatment?

Questions about your healthcare team:

Coordinated care between your different healthcare providers is essential to managing PNH:

- What is the most important information I need to know about my diagnosis?
- Are there other healthcare providers I should be working with?
- What can I do to ensure the different members of my healthcare team are up to date on my diagnosis and treatment?
- Can I have copies of my lab reports and pathology reports?
- Where can I learn more about PNH?
- What new symptoms or changes in symptoms do I need to watch for? When do I need to call you? When do I need to seek emergency care?

Your appointment is an opportunity to learn more about your diagnosis. If you have a question, ask. If something isn't clear, ask for an explanation.