

30 Questions to Ask Your Doctor

Essential questions every patient should ask about their lab results — by Sonya M., CLS

■ This guide is for educational purposes only. Always consult your healthcare provider before making medical decisions.

Before Your Appointment

- What tests will be ordered and why?
- Do I need to fast before my blood draw?
- Should I stop any medications before testing?
- How will I receive my results?
- How long will results take?

When You Receive Results

- Which results are abnormal?
- How significantly abnormal are they?
- Could any medications affect these results?
- Should I be concerned about these results?
- What do these results mean for my overall health?
- Are these results consistent with how I feel?

About Follow-Up Care

- Do I need additional testing?
- Should I see a specialist?
- What lifestyle changes would help my results?
- When should I retest?
- What symptoms should prompt me to call you?
- Is there a treatment plan based on these results?

About Your Specific Conditions

- What is my target range for this test?
- How does this result affect my current condition?
- Are my results trending better or worse over time?
- What is the goal of my current treatment?

- Are there any clinical trials I should know about?

Advocating for Yourself

Remember: You have the right to understand your own health information.

- Ask for copies of all your lab results
- Request explanations in plain language
- Ask about second opinions when needed
- Bring a trusted person to appointments
- Take notes or record (with permission) important information

Visit asksonya.ai for more free resources, AI lab analysis, and 18 books by Sonya M., CLS