

### **How shall I prepare for a routine Office Visit?**

- ∞ If you have been asked to monitor your blood pressure, bring those readings with you.
- ∞ If you have been asked to monitor your glucose (blood sugar) bring those readings with you
- ∞ If you have any specific questions, consider writing them down
- ∞ Bring an updated list of ALL your medications or bring the meds with you.
- ∞ Bring your most recent and up to date insurance card in case you have tests or lab ordered
- ∞ **Bring the winning lottery numbers... (just slip those into Dr. Z's office)**
- ∞ Bring a family member if you wish
- ∞ Bring copies of any tests that you have had elsewhere (other hospitals, clinics or physicians offices)
- ∞ Bring your favorite pair of shoes (Dr. Z can always use shoes)

### **When I leave the office what should I take with me?**

- ∞ Make sure you have all your belongings
- ∞ Make sure you take your prescriptions or you have arranged for us to fax them.
- ∞ Make sure you have all your questions answered
- ∞ If you haven't already picked up your pedometer, ask us for your Choice Care Gift
- ∞ Make sure you have a list of all your instructions or ask us to e-mail them to you
- ∞ Make sure you have the date of your next appointment here and all your testing appointments.
- ∞ Leave J. SOLOMON KATZ in the office... You cannot have him... he's mine....

Take a great day... Take our love and respect.... And share it with someone....

Marcy

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