

My questions to ask my doctor

It's normal to have lots of questions after a heart event or diagnosis, and your doctor is best placed to answer them. Write down your questions in the table below and take it to your next appointment. To help get you started, we've suggested some questions you might like to ask.



Chat to your loved ones about any questions they might have – you can include these in the table below as well.

My questions	Answers
Risk factors e.g. What risk factors do I have?	
Managing symptoms e.g. What do I do if I notice any new or changing symptoms?	
Medicines e.g. What medicines do I need to take? What are they for?	
Healthy habits e.g. What physical activity can I do? Do I need to change what I eat?	
Mental and emotional health e.g. What do I do if I am feeling down/sad/anxious?	
Cardiac rehabilitation e.g. Is cardiac rehabilitation for me?	
Appointments e.g. What follow-up appointments do I need?	
Other questions/notes	