Preparing for an appointment

By preparing in advance, you can help ensure that your medical appointments are as productive as possible. Learn about your psoriatic disease and the different treatment options available before your appointment. Spend some time thinking about your goals. The more you know, the better prepared you will be to work with your health care provider and manage your disease.

What information should I bring to the appointment?

If you are a new patient, make sure that your new health care provider has access to all of your past health information. This includes medical records from previous health care providers you have seen. It could also include information about treatments you have used in the past. If you don’t have your medical records, ask your last health care provider to send your records to your new provider.

Whether you are a new patient, or if this is a follow-up appointment, it may be helpful to bring these things to your appointment:

☐ A photo identification card or driver’s license.
☐ Your health insurance card.
☐ A list of your current medicines, including any vitamins or supplements that you are taking. You can also bring the medicine bottles or containers along if that is easier than writing a list.
☐ A list of treatments that you have tried in the past for your psoriasis or psoriatic arthritis that caused side effects or didn’t work.
☐ A list of your health concerns or questions that you want to discuss (see our Making a Treatment Decision fact sheet for some suggestions for questions you may want to ask). Be sure to also share about comorbidities [related health conditions] that you might have.

If you keep a journal of how your psoriasis or psoriatic arthritis symptoms change, this would be helpful to share with your health care provider as well.
Tips on communicating with your health care provider

Time is limited during appointments with your health care provider. Prepare for your appointment by thinking about what are your most important concerns and questions. Having clear priorities may help you get the most out of the appointment.

- Be open about your health concerns and treatment questions such as side effects or if you feel that you may not be able to follow a treatment plan.
- Clearly explain your symptoms, such as what areas are affected, changes in severity, how long that particular area has been affected or things that you think may be triggering your symptoms to flare.
- Describe how your psoriatic disease may be impacting your quality of life, such as how it affects your overall emotional well-being and your ability to enjoy life.
- Take notes or bring a friend or family member to your appointment to help you remember answers to your questions.
- Ask questions to make sure you understand your treatment instructions and what your health care provider wants you to do.
- If you don’t understand your health care provider, ask them to explain their answers again.

What should I do next?

Contact our Patient Navigation Center to find providers, discuss treatment and get help with accessing treatments (find contact information below).