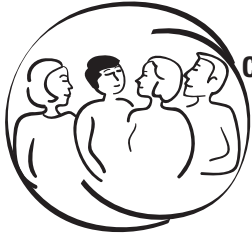


CSSS de Laval Users' Committee Inform You



CSSS de Laval
Users' Committee

What could be better than to decide to take better care of your own health as a New Year's resolution? In order to maximize the results of your next medical appointment, here are some tips on how to be well prepared.

Tips to be well prepared for a medical appointment

1. Write down the following information:

- your symptoms, their frequency, moment and circumstances of their appearance;
- your personal antecedents, such as diseases, wounds, hospitalizations and surgeries along with their dates;
- the vaccines you've received and the date of vaccination;
- your particular conditions (allergies, handicap, pregnancy, breast feeding, etc);
- if you know them, the

results of your latest analysis (blood and urine tests) and of your recent radiographies.

2. Bring your complete and up-to-date drug listing.

Ask your pharmacist for it, he can provide it to you. You must add to it over-the-counter drugs, vitamins, food supplements and natural products you are using.

3. Prepare the list of questions you want to ask.



4. The day of your appointment:

- be there in time and have a notebook and a pencil with you to take notes;
- if you cannot be there as scheduled, warn the private clinic as soon as possible in order that your appointment could be offered to someone else;
- do not hesitate to ask questions and to write down the answers;
- if necessary, bring a relative or a friend with you.

If you are in need of a family practitioner:

Contact the "Guichet d'accès" (point of entry) by dialling 450 622-5110 ext. 4262, from Monday to Friday, between 9:00 and 16:00.

This information capsule is brought to you by the CSSS de Laval Users' Committee, whose representative in regards to general services and the coordination-liaison function is:

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