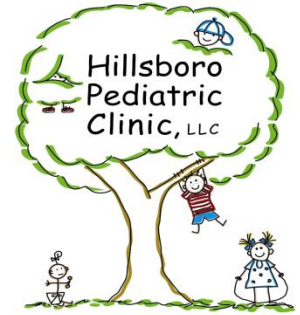


How to Schedule and Get Ready for an Appointment

Now is a good time to start making your own Doctor or Nurse Practitioner appointments. If you are 18 years old or older, consider signing a Release of Information form to allow your parents to continue assisting with your medical care. Regardless of your age, here are some ideas of how to get ready for a medical office visit:



For appointments that you want to be seen as a soon as possible (i.e., illness or injury), call **503-640-2757** and follow the phone prompts to schedule an appointment. If you are not sure if an appointment is needed, call **503-640-2757** and follow the phone prompts to leave a message for the Advice Nurses. A Nurse will call you back to talk with you regarding your concerns.

For routine office visits like a routine yearly physical or chronic condition recheck appointments, please call two months before your desired appointment date.

It is very important that you keep your scheduled appointment. If you need to cancel or reschedule an appointment, call the clinic as soon as possible – **at least 24 hours** before the scheduled appointment time.

Always bring to your appointment:

- Photo identification
- Insurance card
- Immunization Record for updates
- Written list of any medications that you are taking including prescriptions, over the counter medications, and vitamins. Know why you are taking the medication.
- List of questions you have for the Doctor or Nurse Practitioner
- Girls: note date of last menstrual period.

Once you are in the office:

- Check in at the Front Desk
- You will be brought to an examination room.
- Give the written medication list, if any, to the medical assistant.
Note: Please let the staff know if you are allergic to medications and how you responded. Example: Amoxicillin=hives
- You will be weighed and measured. Other tests or measurement will be done based on the reason of your appointment.
- You will be asked the reason for your appointment
- When did the symptom begin? Look at a calendar if needed.
- Does anything make it better or worse?
- Review your questions list with your provider. Be sure your questions are answered.
- Schedule your next return appointment.
- Follow-through with instructions given at appointment and in the patient portal.