

## ADVICE/TIPS FOR DOCTOR APPOINTMENTS

1. **Be informed**
  - You can learn about ITP through the following website: [www.itp.pv.nl](http://www.itp.pv.nl)
2. **Preferably avoid going alone**
  - 2 can hear more than 1
  - Discuss what you and the person accompanying you expect from each other in advance
3. **Prepare for the conversation**
  - Think about or write down your questions in advance, refer to [www.keuzehulp.info/pp/itp/intro](http://www.keuzehulp.info/pp/itp/intro)
  - Share information about the issues you are suffering from
  - Indicate what you know about other treatment options or medication
4. **The specialist will inform you about**
  - Results of blood tests and other tests
  - Treatment options
5. **Take notes, if necessary**
  - Write down (or have the person accompanying you write down) what the specialist is telling you
  - Repeat in your own words what the specialist is saying; check if you understood everything
  - Possibly ask the specialist to write down key terms
6. **Ask your questions to the specialist**
  - Ask for a print-out of the laboratory results
  - Take your time, do not feel 'hurried' by the specialist
  - Possibly return to certain topics in a next appointment
7. **Treatment decisions**
  - Ask for a reflection period for difficult decisions about a proposed treatment step
  - Possibly ask for a second appointment after a reflection period
  - You can ask for a second opinion if you have any doubts
  - Check the conditions or consult your healthcare insurer for a second opinion
8. **Dealing with the illness**
  - Inform your specialist if you have difficulties with the illness or proposed treatment
  - If necessary, ask for options for assistance (such as a nurse)
9. **Communication**
  - Be respectful in your attitude and conduct
  - Be open about your own (alternative) approach besides your regular treatment. Openly discuss your ideas
10. **Responsibility**
  - Your specialist gives advice based on his/her expertise, but cannot require you to do anything
  - You make the decision about your treatment, based on the available options
  - Make sure that your decision feels right