

Prudent *Patient* TEST & PROCEDURE CHECKLIST

Ask these questions before you say yes to *any* test, treatment or procedure. This may seem like a long list, but it only takes a few minutes to get answers from your medical provider. Remember-not all tests and procedures are necessary. Consider the risks, benefits and costs before you make a decision.

- Why do I need this?
- What would happen if I decide not to do this?
- What are the risks and side effects?
- Are there other options?
- How much does it cost? Is it covered by my insurance?
- Which lab processes the results? Are they in-network?
- Where will this be done?
- Is it painful? How will my pain be managed?
- Will I need anesthesia? What type?
- Will I need someone to drive me home?
- Will I need time off from work or activities?
- When should I expect the results? Who will contact me?
- What is the plan based on the results?
- How should I prepare?

Choosing Wisely

Choosing Wisely is a worldwide campaign to help patients and providers choose medical care that is truly necessary, not harmful and never duplicated. See if your test or procedure is on the list at www.choosingwisely.org