

**Teaming Up for a Healthy Tomorrow<sup>SM</sup>** — a program from Aetna and Magic Johnson Enterprises. Our goal is to help improve health and wellness in our urban communities.



# Questions to ask before a lab test or X-ray

**Your doctors may order blood tests, X-rays and other tests to check on your health or help diagnose a problem. It's important that you understand how the test will help you. Use these questions and tips to be better informed about your health.**



## Questions to ask your doctor

- Why do I need this test? What will we learn from it?
- Is this test the only way to find out the information we need?
- What will happen during this test?
- What are the benefits?
- What are the risks?
- Will this test be uncomfortable?
- Is there anything I need to do to get ready for the test or X-ray?
- How long will it take to get the results? How will you tell me the results?
- What is the next step after the test or X-ray is done?

## Things to think about

- Make sure you understand what you need to do before and after the test or X-ray.
- Ask for written instructions.
- Have a friend or family member go with you. They can help remind you of questions to ask. They can also write down the answers to your questions.
- Get a phone number to call if you have questions when you get home.
- If you don't hear from your doctor after the test or X-ray, call to get the results.

**Remember, your doctor wants you to understand what's going on with your health. So, keep asking questions.**

**Use the Web to get smarter about your health**

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We want you to know<sup>®</sup>



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