



This checklist will help you prepare for going to the podiatrist for the first time, what to take, what to do, what not to do and why.

Please take this with you to the podiatrist when you go.

Before you come to the podiatrist.

1. Make sure you know where you are going.

Make sure you know how to get to the podiatrists' office.

2. Special needs – does the doctor need to make any special arrangements for you?

If you have any special medical needs, please contact the podiatrists office before you attend.

3. Bring someone with you to help.

If you need to have someone come with you, make contact with them and arrange for them to come along.

4. Things to bring with you

4.1. Download new patient forms and fill in beforehand.

Go to the podiatrists' website and see if they have any "new patient" forms to download. Or email them and ask for a copy.

4.2. Take medical insurance card – do

If you are using medical insurance to visit the podiatrist, contact your

you need a referral from your insurance?

insurer and get the right information to take with you.

4.3. Take your photo id.

Take some photo ID with you to your appointment.

4.4. Bring any medical records, x-rays or MRI results that might help.

Take any X-Ray or MRI scans with you.

4.5. List any previous surgery.

Make a list of any previous treatment or surgery, including when you had them.

4.6. Take a list of current treatment and medication.

Make a list of any medication you are taking (or have taken recently) including noting the reasons why and what dosage you take.

4.7. List of allergies or medication.

Write down details of any substance or medicine you are allergic to.

4.8. Take shoes (old and new).

Bring a few pairs of your shoes with you.

4.9. Take your insoles or orthotics.

Take any insoles or orthotics with you (old or current).

5. Think about your foot pain:

5.1. Make note of times of day you experience foot pain.

Note the times of day the pain is better or worse.

5.2. Does doing anything specific cause the pain?

Note if doing any specific activity makes your foot pain worse.

5.3. Has it gotten better or worse recently?

Think if your pain has gotten worse or better recently.

5.4. Write down a list of questions.

Write a list of questions before you go.

6. Prepare your feet:

6.1. Wash your feet before going.

Wash your feet with a natural soap.

6.2. Don't worry about getting a pedicure or waxing.

Cancel that pedicure!

6.3. Don't paint or polish your nails.

Remove any nail polish or paint.

6.4. Do not wear tights. *Wear socks that can be removed easily.*

Whilst you are there.

7. Arrive on time. *Leave plenty of time to arrive in time for your appointment.*

8. Be honest about your issues. *Be honest – podiatrists have seen and heard it all before and won't be shocked.*

9. Be prepared to discuss your general health, not just about feet. *Consider any other health issues and be prepared to talk about them.*

10. Take notes. *Take notes of anything you need to remember.*

11. Ask questions if you do not understand anything. *Ask questions during the appointment.*

12. Be prepared to return for treatment – will not all happen on day 1. *Be prepared to return for additional appointments.*

After your visit

13. Make a follow-up appointment if needed.

If the podiatrist asks you to make an appointment, do it whilst you are there.

14. Be sure you can commit to treatment or exercises.

Advise if you think you cannot commit to any treatment plan, for whatever reason.

15. Remember your follow up appointments.

Add your next appointment to your calendar and take advantage of any reminder services the podiatrist's office offer.

Thank you for using my checklist.

If you found this useful, please share it with your friends and also show your podiatrist too!