

When You are Referred to a Specialist

ASK YOUR REFERRING PROVIDER

Your family doctor is a specialist in family medicine and will refer you to specialists in other fields if necessary for your care. When a request is sent to specialists in other fields, it is called a REFERRAL.

WHAT TO KNOW ABOUT YOUR REFERRAL

- ☐ What kind of specialist am I seeing and why?
 - » Is it to diagnose, treat, manage or do a procedure?
- ☐ Is this referral urgent or routine?
- ☐ How long is the wait to see the specialist?
 - » Are there other options to reduce wait time?

ABOUT MY SPECIALIST APPOINTMENT

Your family doctor or nurse practitioner may not have all the information regarding the specialist appointment at the time of the referral.

- ☐ Some questions to ask regarding your specialist appointment are:
 - » What is the specialist name and address?
 - » Who will tell me about the appointment?
 - » How long should I wait to call back if I have not heard anything about this referral?
 - » Who should I call if I haven't heard anything?
- ☐ Do I need tests or lab work before the specialist appointment?
 - » How soon can I get these tests done?
 - » Will the specialist get my test results before I go?
- ☐ Should I keep a diary or notes of my symptoms or concerns?

OTHER

- ☐ How can I treat my symptoms until I see the specialist?
 - » If my symptoms get worse, who should I call?
- ☐ Where can I go for more information?
 - » Is there a website or resource you can give me?

ASK YOUR SPECIALIST

A specialist is an expert in their medical field. For example, a doctor who focuses on skin, nail and hair health is called a dermatologist. Your family doctor sent you to see a specialist because they think you need a doctor who is an expert to diagnose or treat you.

DURING YOUR CONSULTATION

- ☐ What do they think is going on? Is there a diagnosis?
- ☐ Are there any other tests you need to do to confirm this?
- ☐ Could this be something else? If so, what?
- ☐ How will this affect me and my life?

ABOUT YOUR TREATMENT PLAN

- ☐ Are there any treatments?
 - » Can I start now?
 - » What if I can't pay for my treatment plan or medication?
- ☐ What are the benefits and risks for this treatment?
- ☐ What are my other treatment options?
- ☐ What if I choose to do nothing about this? Is there any risk?
- ☐ How will I know if this treatment is working?

YOUR NEXT STEPS

- ☐ Who will be checking my treatment?
- ☐ Do I have to see you again? If so, when?
- ☐ Should I keep a diary or notes of my progress?

FOLLOW UP

- ☐ When will my family doctor get your report?
- ☐ Will the report include my treatment plan?
- ☐ Where can I go for more information?

Follow the QR code or link below to find the complete guide to help you through your referral and specialist appointments.



It's YOUR HEALTH.

Be a part of it.
Ask questions.