

# QUESTIONS TO ASK YOUR DOCTOR

## (For Adults)



If you suspect that you may have a concussion, you should see a doctor, nurse practitioner, or licensed healthcare professional with relevant training right away. This is a list of questions you can take with you.

### INITIAL TREATMENT AND OBSERVATION

Are you familiar with the latest guidelines on concussion management?

What kind of medication can I take?

Does someone need to be with me at all times?

What vitamins/supplements can I take?

### WHAT I CAN DO

Can I eat? Will I have an upset stomach?

What kind of activities can I do at this stage of recovery?

Can I read/use the computer/play video games?

When can I go back to work?

When can I return to physical activity?

Can I drive?

### SYMPTOMS

What symptoms should I be watching for?

How soon will symptoms begin to improve?

How long will these problems last?

How can I cope with changes in my mental health or behaviour (e.g., feeling anxious, sad, irritable) as a result of my concussion?

### THE RISKS

What is the risk of a future concussion?

What is the risk of long-term complications?

## FOLLOW-UP WITH THE DOCTOR

When should I come back to see you?

Under what circumstances should I call you?

Should a specialist be consulted?

Are there any resources you recommend?

**ADDITIONAL QUESTIONS:**