

CHECKLIST

Checklist for talking to your doctor

To tick off on screen or on paper. More detail at csc.do/en/prevention/knowledge/talking-to-your-doctor/

Note down beforehand

☐ How often do you use, and since when?

☐ In what form: smoking, vaping, eating?

☐ With tobacco?

☐ When did you last use?

☐ Alcohol, CBD products, other substances?

☐ All medicines, including those without a prescription, or your medication plan

☐ What you have noticed: sleep, mood, coughing, palpitations, memory

☐ Pregnant or trying to conceive?

Questions for the practice

☐ Does this interact with my medication?

☐ Is there anything I need to consider before an anaesthetic or an examination?

☐ Where can I get advice if I want to use less?

Before an operation

☐ Mention your use in the preliminary consultation or on the anaesthesia questionnaire

☐ Clarify whether you should take less or nothing beforehand
