

## WHAT TO EXPECT AT YOUR FIRST VISIT AND YOUR YEARLY EXAMINATION:

1. Please bring the following items to your first appointment and then to every yearly examination appointment thereafter:
  - a. Your insurance card
  - b. Your co-pay (if applicable)
  - c. The patient information form and Problem list

If you don't have these forms, we can provide them to you when you arrive. The insurance card, however, is required and we will have to reschedule your appointment if you forget to bring it.
2. You should arrive about twenty minutes before your actual appointment time. That way, we can take a copy of your insurance card and make sure we have all the necessary forms for your file. We also will ask you to fill out a patient history form if you haven't been in the office yet this calendar year. It's a 'bubble' form that you'll need to fill out with a pencil, and the form gets scanned into your electronic medical record so the doctor has access to the answers you provide.
3. You will be asked to provide a urine sample at every appointment. This is the doctor's way of checking for early signs of health problems.
4. You should plan on being in the office for at least 1 ½ hours for your first appointment and also for your yearly examination. If your schedule can't accommodate that length of time, please let the Receptionist know and we can reschedule your appointment.
5. Test results can be mailed to you or sent via e-mail. Be sure and let the Medical Assistant who accompanies you to the exam room which method you prefer.
6. We know that visiting a Gynecologist can be an uncomfortable experience. Please let us know if there's anything we can do to make your visit a little easier for you!