Article Series Preparing for Appointments All

In-Person Appointment Guide: 5 Questions & Tips to Help Prepare

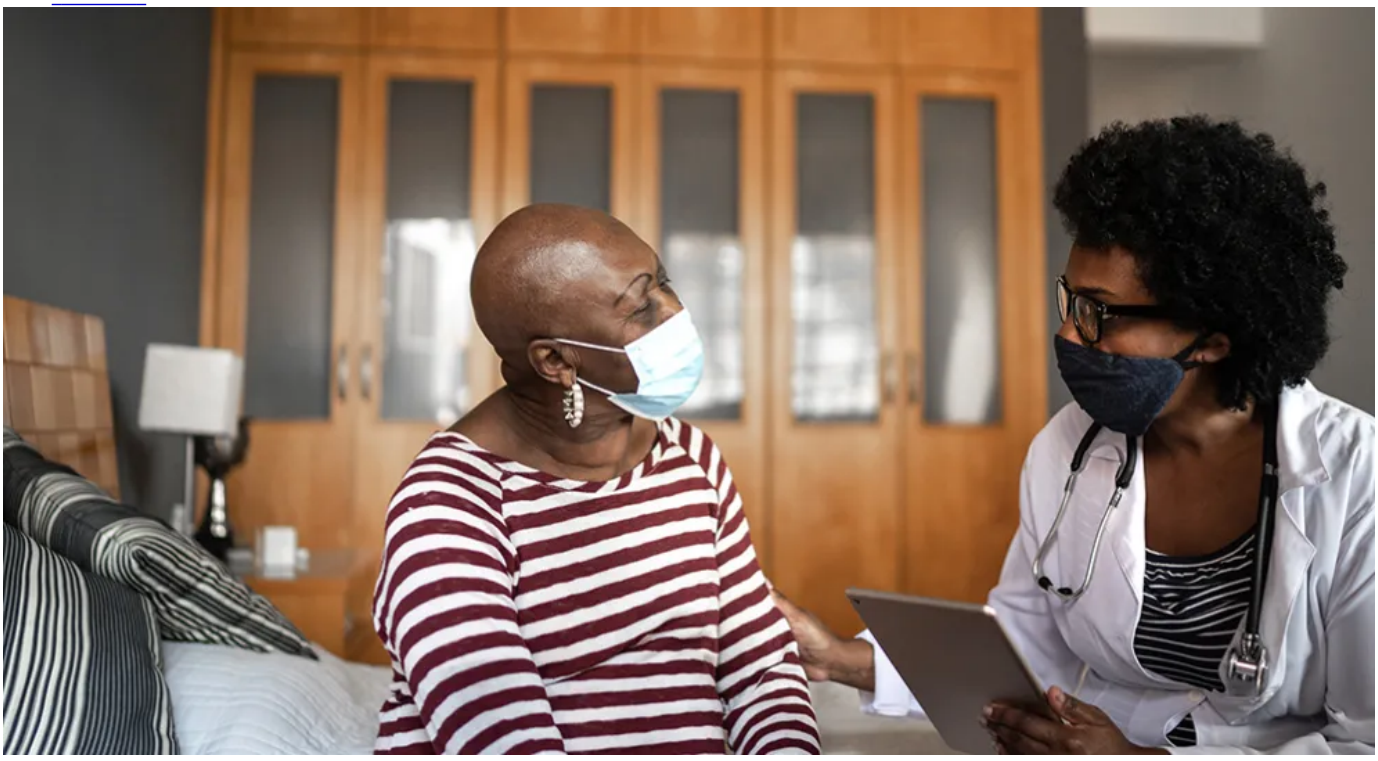
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Screening and follow-up appointments play an important role in the detection and treatment of cancer. Screening tests often help to detect cancer early, when it may be more treatable.

As a result of COVID-19, many doctor’s offices now have procedures in place to minimize the risk of being exposed and contracting the virus while visiting in person. The coronavirus situation is rapidly changing, with states and cities continuously making changes in how they are handling quarantine and critical health care.

Call your doctor to schedule your cancer screening or follow-up appointment and learn what steps they are taking to manage patient safety.

WHAT TO EXPECT FROM AN IN-PERSON APPOINTMENT

When visiting the doctor, you’ll likely see offices, hospitals and clinics have new policies in place to make in-person visits safer, including, but not limited to:

- Temperature checks
- Paperwork completed via email ahead of time
- Social distancing
- Policies on wearing masks
- Designated waiting areas with limited occupancy
- Handwashing guidelines

HOW TO WEAR A MASK PROPERLY DURING AN IN-PERSON APPOINTMENT:

You’ll most likely need to wear a mask throughout your in-person visit. Here are some tips to make sure you’re wearing it properly:

1. Before putting on a mask, clean hands with alcohol-based hand sanitizer or soap and water
2. Make sure the mask covers your mouth and nose and stays in place
3. Avoid touching the mask while wearing it. If you do touch your mask while it’s on your face, make sure to clean your hands with alcohol-based hand sanitizer or soap and water
4. Do not re-use single-use masks
5. Always remove the mask from behind (do not touch the front of the mask), discard immediately in the trash or laundry basket, and clean hands with alcohol-based hand sanitizer or soap and water

FIVE QUESTIONS TO ASK YOUR DOCTOR BEFORE AN IN-PERSON APPOINTMENT

To help you prepare for an in-person visit, ask the following questions ahead of your appointment and download our printable version of this guide to write out the responses in the space provided:

1. What safety policies does the office have in place?
2. What do I need to do when I arrive at the office?
3. Can I bring someone with me to the appointment or have them join by phone?
4. Is there any paperwork I need to complete and submit before the appointment?
5. What should I bring to my appointment?

Remember: it’s important to call your doctor to find out what steps they are taking to help keep you safe and what to expect at your next appointment.

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