



Questions to Ask About Your Lab Results™

Bring these questions to your appointment so you leave with a clearer understanding of what comes next.

1 Understand the Result



- ☐ What was this test looking for?
- ☐ Was the result expected in my situation?
- ☐ Does one result matter on its own or as part of a pattern?
- ☐ Could anything have temporarily affected it?

2 Look at the Bigger Picture



- ☐ How does this compare with my previous results?
- ☐ Do my symptoms or health history change how you view it?
- ☐ Are any related results important to consider together?
- ☐ Is there anything reassuring in the overall pattern?

3 Clarify the Next Step



- ☐ Does anything need to be repeated or monitored?
- ☐ When should it be checked again?
- ☐ Would another test add useful information?
- ☐ What changes, if any, should I make now?

4 Know When to Follow Up



- ☐ What symptoms should prompt me to call?
- ☐ When should I expect an update or next appointment?
- ☐ Who should I contact if I have questions later?
- ☐ Can I have a copy of the complete results?

My Three Most Important Questions

1. _____
2. _____
3. _____

Before You Leave

- ☐ Write down the next step
- ☐ Confirm when to follow up
- ☐ Ask where to find your results



Gentle Reminder

A result marked high or low does not always explain how you feel.
Ask how it fits with the rest of your health picture.

Martine's Midlife Wellness Tip

If the explanation feels rushed or unclear, ask your provider to say it again in everyday language. That is a perfectly reasonable request.