

Use a Voice Recorder at Your Next Doctor's Visit!

- A recording of your office visit can help you remember what the doctor or nurse says and what you need to do to take care of your health.
- Always ask for permission before recording!
- Learn how to use your voice recorder or smart phone recording app, and practice before your visit.
- Here's an example of what you could say:

Doctor, what you say during our visit is very important to me. Recording this visit would be helpful with remembering what you tell me, and what to do. May I have your permission to record this session?

