

Prepare for Your Doctor Visit

When you see your doctor, you can expect a thorough examination of your sinuses. Your doctor may also examine your eyes, ears, nose and throat. Be prepared to answer detailed questions about your symptoms. Your doctor may want to know:

- Exactly what symptoms you have
- When your symptoms started
- What, if anything, seems to improve or worsen your symptoms
- Whether you currently have a cold or other respiratory infection, or you've had one recently
- If you have allergies
- If you smoke, are exposed to secondhand smoke or other airborne pollutants
- What medications you take, including herbal remedies
- What other health problems you have

Your time with your doctor is limited, so preparing a list of questions ahead of time may help you make the most of your time together. Some basic questions to ask your doctor include:

- What is likely causing my symptoms or condition?
- Are there other possible causes for my symptoms or condition?
- What kinds of tests do I need?
- What is the best course of action?
- Are there any restrictions that I need to follow?

Information on this site should not be used as a substitute for talking with your doctor. Always talk with your doctor about diagnosis and treatment information.