

# 5 QUESTIONS

TO ASK YOUR DOCTOR OR OTHER HEALTH CARE PROVIDER BEFORE YOU GET ANY TEST, TREATMENT OR PROCEDURE

Some tests, treatments, and procedures provide little benefit. And in some cases, they may even cause harm.

Use the 5 questions to make sure you end up with the right amount of care – not too much and not too little.

1

**DO I REALLY NEED THIS TEST OR PROCEDURE?** Tests may help you and your doctor or other health care provider determine the problem. Procedures may help to treat it.

2

**WHAT ARE THE RISKS?** Will there be side effects? What are the chances of getting results that aren't accurate? Could that lead to more testing or another procedure?

3

**ARE THERE SIMPLER, SAFER OPTIONS?** Sometimes all you need to do is make lifestyle changes, such as eating healthier foods or exercising more.

4

**WHAT HAPPENS IF I DON'T DO ANYTHING?** Ask if your condition might get worse – or better – if you don't have the test or procedure right away.

5

**WHAT ARE THE COSTS?** Costs can be financial, emotional or a cost of your time. Where there is a cost to the community, is the cost reasonable or is there a cheaper alternative?

  
For further information visit  
[choosingwisely.org.au](http://choosingwisely.org.au)

  
Join the conversation  
[@ChooseWiselyAU](https://twitter.com/ChooseWiselyAU)

Adapted from material developed by Consumer Reports.

Choosing Wisely Australia® is an initiative enabling clinicians, consumers and healthcare stakeholders to start important conversations about unnecessary tests, treatments and procedures. With a focus on high quality care, Choosing Wisely Australia is being led by Australia's medical colleges and societies and facilitated by NPS MedicineWise.

Reasonable care is taken to provide accurate information at the time of creation. This information is not intended as a substitute for medical advice and should not be exclusively relied on to manage or diagnose a medical condition. Choosing Wisely Australia® disclaims all liability (including for negligence) for any loss, damage or injury resulting from reliance on or use of this information. Read the full disclaimer at [www.choosingwisely.org.au](http://www.choosingwisely.org.au)