



5 QUESTIONS

TO ASK YOUR DOCTOR BEFORE YOU GET ANY TEST, TREATMENT OR PROCEDURE

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

Use the 5 questions to your doctor 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?**

Medical tests help you and your doctor or other health care provider decide how to treat a problem. And medical procedures help to actually 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?



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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.

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