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Going to a New Healthcare Provider About Your Chronic Pelvic Pain?

Start with the end in mind and communicate your goals for seeking treatment. Goals may include pain reduction, restoring activity (including physical and sexual activity), improved bowel and bladder function, resolving a condition, etc.

Providing a detailed health history can help you receive the best care possible. Below is a list of items that will help inform your new provider learn and document your experience to focus on helping you effectively.

Expect Questions

Your new provider will ask you several questions in addition to any forms and documents about your pain history and treatment. It is important to share your story in your own words, even if you bring a detailed written summary of your pain and treatments.

Health Questionnaire

Some health care providers will give you a long health history questionnaire to complete before your actual visit. The questionnaire is a form with questions about your pain, other bothersome symptoms, and your thoughts and feelings about pain. When you make an appointment with a new provider, be sure to ask if there will be a long questionnaire so you can complete it fully before your appointment.

What to Bring

Before your appointment collect and bring printed copies of all operative and pathology reports from all past pelvic surgeries. Having them in order by date and labeled by type of surgery performed will help your new provider understand in detail what procedures have already been performed and will assist greatly in creating the most effective treatment plan for you.

Bring the following medical documents or give authorization for the new provider to obtain them from other providers you have seen in the past.

1. **Operative Report:** This is a description of the surgical findings and procedures that were done during the operation.
2. **Pathology Report:** This is a special microscopic report describing the status of any pieces of tissue that were removed during the surgery.
3. **Progress Notes:** This refers to medical records describing your symptoms, treatments, medications and outcomes.
4. **Bring Pictures:** If you have any pictures from the surgery, bring them also.
5. **Current Providers:** Bring a list of any health care professionals/providers you are currently getting treatment from. Include if possible, their first and last names and fax numbers or addresses so your new doctor can communicate with them.
6. **Past Providers:** If possible, bring a list of any doctors you've seen for your pain in the past but are no longer seeing.
7. **Medication List:** Write down and bring a list of all medications you've been prescribed for the pain. Include: Date, Name, Dose, Response and Side Effects. Include over-the-counter medications you have tried as well. The more complete your list, the better your provider will be able to help.

8. **Bring Copy of all Prior Records:** Providing a printed copy of your complete records ensures your new provider will get everything. Often technical issues prevent previous providers from fully transferring your records and your information may not be available at the time of your visit or vital parts of the report may be missing. The new provider should be able to make a copy for themselves to review.

[Confirm Past Records Received Before your Appointment](#)

At least a week before your visit call and confirm that the new provider has received all your operative and pathology reports by fax or email.