



## Items to Bring to Your Appointment

The following information is intended to assist you in determining the items to bring with you to your appointment.

Identification and Insurance Information:

- Current photo ID and current insurance card(s)
- Insurance co-payment, co-insurance, and/or deductible information, if applicable
- Insurance referral, if applicable (Please verify that our office has received the referral prior to your appointment)
- Pertinent medical records
- Imaging on a CD

## Medical Records, Imaging and Test Results

All medical records, CD's of imaging (X-ray, MRI), and lab test results for your current injury or condition should be carried in or faxed from your primary care provider. If you have been evaluated or treated for your current injury or condition by another healthcare provider, please contact their office at least one week prior to your appointment, if possible, to request a copy of all medical records pertaining to your injury or condition. You can request that your records be sent directly to our office, but please confirm that we have received them prior to your appointment. ***If you have had imaging, which includes XRAYs, MRI's, or a CT Scan, it is very important that you bring CD's of the imaging with you to your appointment. The report alone is not enough and your referring doctor will not mail the CD. You will need to request the CD of your imaging from the facility that performed the tests. If you arrive without them your appointment may need to be rescheduled.***

## Current List of All Medications You Are Taking

Bring a current list of all your medications, including the name of the medication, dosage, the frequency you take the medication, and the reason for the medication. This list should include prescribed medications, herbal supplements, vitamins, and over-the-counter medications you are taking as well as any medications you are allergic to. We recommend having this record with you as you may need to access this information during your appointment.

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