

Fair Oaks Women's Health  
Obstetrics and Gynecology  
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## BEING REFERRED TO A SPECIALIST or CONSULTANT

We are referring you to a specialist for further care and management of your medical needs. Here is some advice that we hope you find helpful.

1. Review the physician names we have provided to see if those physicians are in your Health Plan (are they "in network"?).
2. Call each office to determine how soon you can be seen.
3. Once you have a confirmed appointment, please let us know who you will be seeing and the appointment date and time. You can send this to us by e-mail, or via our patient portal.
4. Make sure copies of all relevant medical records from us are being sent to the doctor. If there are imaging studies done, try to arrange copies of the reports (not necessarily the actual images) to be sent.
5. Consider starting your own file with all your relevant medical records, imaging reports and lab reports. Then you can make copies of these documents and send them to any provider you wish.
6. Read up on your problem and your condition. Try and come up with your important questions ahead of time.
7. When you go to this consultant, bring along a trusted relative or friend. These visits can be stressful and sometimes you do not remember what is being said or what questions you wanted to ask.
8. Before the end of the visit, confirm that a full report will be sent back to our office. Make sure you know exactly what the next steps are.
9. Please call us if you have any questions or concerns. (626) 304-2626.

The Staff and Providers of Fair Oaks Women's Health