

# How to Fire Your Doctor

Category: Letting Go

written by Carol Scott-Conner | December 21, 2018

Look your doctor straight in the eye. It's okay to smile. Or not—it's your choice.

Don't mince words. When your doctor says, "I'd like you to try this prescription..." (or physical therapy or whatever) "...and come back in three months," that's your cue. By all means take the prescription, or the referral sheet, and then say, "I won't be coming back. I'm going to look for a new doctor..."

He or she may ask, "Why?"

You don't have to answer.

Maybe you need a doctor who takes more time to listen. Maybe you don't like the way this doctor handed you the prescription. Maybe you need someone who explains better. Maybe you don't agree with the diagnosis the doctor gave you, or you wanted to talk about other options. It doesn't matter.

You can simply say, "I think it's time for a change," or something similarly neutral.

Your now-former doctor may reach out and attempt to take the prescription or referral sheet back from you.

That's your cue. Keep a firm hold on the paperwork and say, "Thank you." You don't have to actually take the drug or follow up on the referral, but it is yours—earned by the coin of your participation in this office visit. You may keep it.

Then stand up. Your doctor will automatically stand up. Start walking toward the door, even if you are in a skimpy exam gown. In fact, if you are still in an exam gown, start taking it off. That will cause the doctor to exit rapidly, thus ending a potentially awkward encounter.

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