

## Second Opinion

### Take a Second Opinion- Get reassured

Tackling unknown health problems or facing a new diagnosis can be frightening and stressful. Reassuring yourself with additional knowledge and insights helps to gain control of your health decisions. A second opinion from another specialist or healthcare provider gives alternatives or confirms the diagnosis, resulting in an informed decision. **This is your right and you should not hesitate or feel it could upset your current doctor.**

When should you seek a second opinion?

1. **While suffering complex health conditions:** You may require a review by a specialist in that area to confirm your condition and the treatment options available.
2. **Arriving at precise diagnosis:** At times you can get similar symptoms for different diseases and a judgment needs to be made. Take a second opinion if the diagnostic test is very expensive and has risks associated.
3. **For major medical procedures:** It can help you understand the risks, benefits of the procedure, and alternate treatment plans if any.
4. **Lack of progress with current treatment plan:** If your condition is not improving, review with another doctor who may have a different perspective and may suggest alternative treatments or medications that could be more effective.
5. **If you feel the decision was rushed:** According to a survey, less than 20 minutes is not enough for each patient as it will not provide the full insight and the doctor may not be able to give proper advice on complex health situations.
6. **If you are uncertain:** Get reassurance from another doctor. It is important you have faith in your treatment and are committed to follow it through. A second opinion will help improve the trust level.
7. **How to ask for a second opinion:** [Click here](#) to clarify all your questions and doubts while taking a second opinion.

It is absolutely fine to tell your current doctor that you are taking a second opinion. In many cases, your own doctor may initiate this. It is important that you are fully convinced and reassured that the diagnosis and treatment are the most appropriate. It will reduce your stress and improve outcomes.

#### To know more:

- [When should I seek a second opinion?](#)
- [How can I understand the treatment plan? What Should I ask the doctor?](#)
- [How to ask for a second opinion?](#)

#### Your Health, Your Responsibility

Patients for Patient Safety Foundation

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