

Some of the essentials for starting your own micro-practice

\*\*\* if you are starting a DPC or a micropractice (low volume practice) - keep your overhead low so that you can pass on savings to your members.

1)consider sharing supplies with other physicians in the same area or you can consider reaching out to me as I will be posting start-up packs soon. These packs will have a variety of needed medical supplies so you wont have to buy in bulk and save money!

2)shop around for best prices - amazon, mckesson, craigslist, ebay are a few sites where you can compare pricing

### Furniture

### Items you may want in time but not necessary to open

Exam table

items for cryotherapy

Doctor's chair/stool

items for suturing

Desk

Patient chair

Waiting room chair (s)

Computer

### Medical Equipment

### Items the lab may provide you with so you may not have to buy

Stethoscope

urine cups

BP cuff (large-small& pediatric)

alcohol and betadine swabs

pulse ox

pap supplies not including speculums

Oto/Ophthamoscope

labeler

Reflex hammer

soap towelettes

Scale (adult and baby)

Height measurer

Monofilament tester

Snellen chart

Thermometer

Nebulizer

### Supplies

### Office items

urine dipsticks

broom

nebulizer tubing

mop

speculums

paper towels

otoscope tips

trash cans

thermometer probe covers

tea/coffee

bandaids

decor

guaze

tape

scalpels

needles

lidocaine

steroids

syringes

sharps container

iodoform packing

IM pain medication

