

HOW TO PREPARE FOR YOUR DOCTOR'S APPOINTMENT



**ENSURE YOUR DOCTOR'S VISITS
ARE CLEAR, FAST, AND USEFUL.**

BEFORE YOUR VISIT, KNOW YOUR GOAL

This may include a diagnosis, pain relief, medication refill or information about a new test.

PREPARING FOR YOUR APPOINTMENT

- Write the date and your doctor's name at the top of your notes
- List the main reason for your visit in one sentence
- Track and bring your symptoms (use a symptom tracker if possible)
- Prepare a complete medication list including prescriptions, over-the-counter medicines, vitamins and supplements
- Write down 3–5 questions you want answered during the visit
- Gather any relevant test results, imaging or notes from other doctors
- Consider bringing a friend, family member or patient advocate to help listen and take notes

DURING THE APPOINTMENT

- Tell your story in a brief and clear manner
- Share when the symptoms started how they affect you and any home remedies you've tried
- Be sure to ask about the following:
 - A working diagnosis and what else it could be
 - Whether the test orders will rule out your top concern
 - When test results are expected to be available
 - Permission to record the appointment

AT THE CONCLUSION OF THE APPOINTMENT

Use the teach-back method to repeat the treatment plan to your clinician, request a copy of your visit summary and ask what the best way is to reach your clinician

DOCTOR'S APPOINTMENT CHECKLIST

Prepare for Your Visit	✓
Write the date and your doctor's name at the top of your notes	
List the main reason for your visit in one sentence	
Track and bring your symptoms (use a symptom tracker if possible)	
Prepare a complete medication list including prescriptions, over-the-counter medicines, vitamins, and supplements	
Write down 3–5 questions you want answered during the visit	
Gather any relevant test results, imaging, or notes from other doctors	
Consider bringing a friend, family member, or patient advocate to help listen and take notes	
During Your Visit	✓
Tell your story in a brief and clear manner	
Share when the symptoms started how they affect you and any home remedies you've tried	
Be sure to ask about the following: <ul style="list-style-type: none">• A working diagnosis and what else it could be• Whether the test orders will rule out your top concern• When test results are expected to be available• Permission to record the appointment	