

BEFORE THE VISIT

- Create or print out current lists of medications & supplements
- Create a list of questions for your doctor & for your nurse
- Set an intention and agenda for the visit - Ask "What is the purpose of this visit?
What do I need from this visit?" _____
- What type of visit is this?
 - Check-up
 - Follow up on previous diagnosis
 - New issue
 - Other _____
- Bring the research you have done about your condition and any questions related to the research
- Information about your condition since the last visit - both positive and negative
"What's working? What's not working?"
- Insurance card
- Directions to doctor's office
- Who is driving me to the appointment? _____
- Will I go alone or would I prefer a family member or friend be there? _____
- Smart phone or smart tablet
- A recording device - Ask your doctor ahead of time if he/she minds that you record the appointment
- Entertainment/Reading materials for the waiting room
- Past medical records relevant to this visit
- Past medical diagnoses from other providers
- A list of all my healthcare team with their contact information
- Reflect - Have I done what the doctor suggested since my last visit? If no, why not?
 - _____
 - _____
 - _____
 - _____
 - _____
 - _____

DURING THE VISIT

- Write down specific instructions from doctor or ask doctor/nurse/caregiver/friend
- Will I require additional tests?
- When will I get test results? How will you follow up with me?
- Ask yourself, "Does the doctor understand me? Do they have all my information? Do they get it?"
- Communicated symptoms clearly and concisely
- When should I return?
- Be clear and honest with your doctor about which orders and suggestions you plan to act on, and which ones you won't or can't and why.
- If seeing doctor for a new issue/symptom, what is my diagnosis exactly?
 - Do I have one yet?
 - If not, what do I need to do to get one?
- Ask yourself and doctor, "Will I require a second opinion?"
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My appointment notes:

DIRECTLY AFTER THE VISIT

- Take a moment in the room to gather your thoughts so you can ask any remaining questions
- Take doctor's orders with you, ask the doctor and nurse to write everything down
- Ask for print out of medical records at time of visit
- Print out of prescription orders
 - Do I understand how to take the prescriptions?
 - What side effects should I watch for?
- Any referrals to other doctors?
- Second opinion - do I need or want one?
- Follow up questions - create a list
- Outside, call family & friends & explain the appointment results
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My post-appointment notes, thoughts & follow-up items: