



Going to the Doctor Checklist

Make the most out of your next doctor's visit by filling out this form and bringing it with you to your next appointment. During your visit, write down answers to any questions you have in the notes section.

Complete and bring to the appointment:

- List your health concerns and symptoms.

- When did your symptoms begin?

- Have you experienced these symptoms before? If so, when, and what was the treatment?

- Any updates to your medical history?

- List any prescription drugs, over-the-counter medications, vitamins, or herbal products you are taking.

- List any allergies you have.

- List any recent lifestyle changes such as sudden weight loss or weight gain, stress or personal issues.

Questions to ask during the appointment:

- What is the diagnosis and what does it mean?
- What are the treatment options?
- What are the benefits and/or risks of each treatment option?
- Is a follow-up appointment needed?
- If medication is prescribed, what will the medication do and what are the side effects?
- If a test or procedure is ordered, what can be expected?
- What else can I do to improve my health or remain healthy?

Notes:
