

Get the Most From Your Doctor's Visit

We all have questions and issues to talk to our doctors about—until we actually get in the examining room. That's why it's a good idea to fill out this form and bring it to your next doctor's appointment.

WHAT TO BRING TO YOUR VISIT:

- A list of your questions and concerns, putting the most important first. If something has changed or developed since your last visit, let your doctor know.**

Question/concern _____

Question/concern _____

Question/concern _____

- A list of any medicines or substances you are taking** (prescriptions, over-the-counter drugs, herbal medicines/remedies/vitamins, supplements, and nutrition/diet aids)

Medication/substance _____ Dose _____ Frequency _____

Medication/substance _____ Dose _____ Frequency _____

Medication/substance _____ Dose _____ Frequency _____

- A list of any healthcare providers you've seen since your last appointment.**

Provider _____ Phone number _____

Provider _____ Phone number _____

- A list of any medical tests you've had since your last appointment.**

Test _____ Result _____

Test _____ Result _____

- A family or friend to take notes or ask questions, if necessary.**

Notes:

What to bring home from your visit

- Answers to all of your questions
- Directions about what you're supposed to do, if anything, before your next visit
- Resources for more information about new and existing conditions
- Test results, if available
- Specific directions for taking any medicines prescribed

BRING THIS FORM TO YOUR NEXT DOCTOR'S APPOINTMENT