Getting the most from a medical appointment

What to prepare beforehand, questions to ask and what to note afterwards.

Name _____ Date _____

Before

The main thing I want from this appointment (one sentence)

What I have noticed: symptoms, when they started, what makes them better or worse

Medication and supplements I am taking

My questions, most important first

Who is coming with me, or who I will ring afterwards

Useful questions

- What do you think is going on?
- What are the options, and what do you recommend?
- What should I look out for, and when should I come back?
- Can you write that down for me?

During and after

What I was told

What happens next, and who does it

Anything I did not understand, to follow up

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