

Doctor's Visit Checklist

Doctor's name: _____ Date/time of visit: _____

The reason why I am here today: _____

What I want to talk to my doctor about today: _____

Medicine	How much do I take?	When do I take it?	How should I take it? (pill, liquid)
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

Things I need to tell my doctor today:

- Any symptoms.
- Any side effects.
- If I am taking the medicine as my doctor ordered.
- How the medicine is working.
- Worries I have about the medicine.
- How I have been doing.
- How I have been feeling.
- If I saw any other doctors, even medical doctors.
- If I am on any medicine from other doctors.
- If I am taking any medicine I can just buy at the store.
- If I am drinking or taking other medicine or drugs.
- If there is something I don't understand.
- Ideas I have about managing my condition.
- If I'm getting enough sleep.
- If I'm getting enough exercise.
- How much caffeine am I drinking?

Things I need from my doctor today:

- To not feel rushed.
- To feel heard.
- To learn about my condition. I may need it written down.
- To learn about my medicine. I may need it written down.
- My doctor's suggestions.
- A new prescription for my medicine.
- If changing my medicine in any way, please explain.
- If ordering new medicine, please explain why.
- If sending me to another doctor, please explain.
- That I understand what my doctor is saying.
- That I may need information repeated.
- That I may need information written down.
- Please use language that I can understand.
- Is there anything else I need to know?
- When should I come back?
- May I have an appointment card?

During the visit:

- Make sure you understand what your doctor is saying.
- Make sure you have enough medicine.
- It is important to tell your doctor everything.
- Let your doctor know what is and what isn't working.
- Let your doctor know about your ideas to help you feel better.
- Ask your doctor or therapist for printed handouts or written instructions about medicines.
- Take notes during the appointment.

After the visit:

- Look at your notes and any written information.
- If you have any questions, call your doctor for the answers.

Notes:

Date and time of next visit: _____