

# Doctor Visit Prep Checklist

Use this checklist to prepare for your next doctor appointment so that you can an active participant in your care and get the information you need to feel your best!

## To bring to your appointment:

- Insurance card
- Any forms from your doctor's office they requested that you fill out prior to your visit
- A trusted support person (if you want/need help remembering information or with note-taking)

## All medicines, vitamins, supplements you take (over-the-counter and prescription, including dosage)

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## Any allergies you have:

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## If you are experiencing any type of health-related issue, describe:

- Any symptoms.
- Where, when, under what conditions you have noticed them.
- How long have you noticed the symptoms and if there have been changes.

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## Be ready to answer questions about:

- Medical history including current and past health conditions, including family history of health problems
- Lifestyle habits, such as alcohol, tobacco, or drug use
- Life changes in your job, family (including pregnancy), planned trips outside of the country, new activities



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It's always a good idea to come prepared with questions when you visit with your doctor. Depending on the reason for your visit, consider whether you might want answers to these questions:

## **Questions to ask your doctor:**

- Ask questions to make sure you understand what your doctor is telling you.
- Let your doctor know if you are worried about being able to follow their instructions.

## **If you need a test, you may ask:**

- What is the test for?
- What can I expect from the test?
- Are there any risks associated with the test?
- Do I need to do anything to get ready for the test?
- Do I need to set up another visit to complete the test?
- When and how will I get my test results?

## **If you need treatment, you may ask:**

- What are my treatment options?
- Will any of the medications (if prescribed) interact with foods/other medications or supplements I'm currently taking?
- What are the potential side effects?
- What are the risks and benefits of this course of treatment?
- What should I do if I miss a dose/treatment?
- How will the treatment impact my life or work?

## **If you receive a diagnosis, you may ask:**

- How serious is the condition?
- What is the prognosis (future outlook for condition)?
- What caused this condition?
- Do I need more tests and/or follow up visit(s)?
- How will the diagnosis impact my life or work?

## **If there is any preventative care you may be due for, you may ask:**

- Am I due for any health screenings?
- Are there any vaccines currently recommended for me?

## **Other questions you might want to ask:**

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