Appointment Preparation Checklist

Appointment with: _____ Date: _____ Time: _____

Bring with you

- [ ] Insurance card and photo ID
- [ ] List of all medicines, vitamins and supplements, with doses
- [ ] This sheet, with your questions
- [ ] Symptom log, readings or photos
- [ ] Recent test results or records from other clinicians
- [ ] Glasses or hearing aids, and something to write with
- [ ] A friend or family member, if you'd like one
- [ ] Your pharmacy's name and phone number

Why I'm going (say this first)

What has happened

When it started, how it has changed, what makes it better or worse, what I have tried

My questions (most important first)

Before I leave, ask

- [ ] What do you think is going on?
- [ ] What happens next, and who arranges it?
- [ ] How and when will I get results?
- [ ] What should make me call you, or go to urgent care?

What I was told (write it down)

In an emergency, call 911. If you are thinking about suicide or are in crisis, call or text 988. From pockethealth.pro/templates/appointment-checklist. Free to copy and share. General information, not medical advice.