

PREPARING FOR YOUR NEXT DOCTOR APPOINTMENT

Your health care provider will want to know about any medications you are taking.

Medication Name?	What Is It For?	Your Doctor	Date Started	Your Dosage	Color & Shape	When & How Often

Any Known Allergies

Preparing For Your Next Doctor Appointment

Any Recent Illnesses, Injuries or Other Health Problems You Are Currently Having

Topic	Description	Your Notes
COVID-19 / FLU / Cold		
Accidents / Falls / Injuries		
Diabetes Type 1 or Type 2		
Cancer		
High Blood Pressure		

What Brought You In Today?

What concerns would you like to discuss with your health care provider during your visit?

Topic (Most Important to Least Important)	Problems Caused For How Long	Questions For Your Doctor About The Problem(s)
1.		
2.		
3.		
4.		
5.		

Take Notes On Doctors Advice (Listen Carefully and repeat back to your doctor)

1.	
2.	
3.	
4.	
5.	