

MY DOCTOR VISIT checklist



This checklist can help you communicate better with your doctor. Fill it out and take it with you to your appointment. You might also use it to prepare for calls to your doctor's office about your care.

The reason for my visit

I am most concerned about _____.

What the doctor needs to know

I have these new or worsening symptoms:

My health has changed recently (taking new medications, recovering from surgery, etc.):

I have these limitations (poor vision, difficulty walking, memory problems, etc.):

Your health/treatment Questions to ask

- Do you have any follow-up instructions for me? Can I get those in writing?
- When will I get the test results from my visit?
- When should I schedule my next appointment?
- When should I expect to see improvement?
- If there is no improvement, what should I do?
- How should I contact you if I have questions after this visit?

Staying well Questions to ask

- Does my family health history raise my risk for any health problems?
- What vaccines, screenings or medical tests do I need?
- What are some steps you think I should take to stay healthy?

I feel



good



not so good



getting worse



seriously ill

Need emergency care? Call 911.