

# Doctor's Appointment Preparation

Appointment date:

Time:

Doctor:

Questions I want to ask (e.g. test results, medications, symptoms, next steps)

- 1.
- 2.
- 3.

Issues since last appointment

- 1.
- 2.
- 3.

Prescriptions to get

- 1.
- 2.
- 3.

Pathology or referrals needed

- 1.
- 2.
- 3.

Things to remember from this appointment:

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Next appointment date: \_\_\_\_\_

## Tips for getting the most out of your appointment

- Make a longer appointment if you have a lot to talk about (e.g. more than 10 minutes)
- Have questions written down before - the most annoying question you have had for weeks seems to go away when you walk through the Doctor's office door!
- Take a support person with you. They may have questions for the doctor too! If they can't be there in person, call them on your phone in the appointment and have them on speaker
- Write things down - use a diary or a small notebook and take it to each appointment to write notes in, that way you have your notes from each appointment with you
- Start the list of questions a few days or weeks before
- Ask for a paper/email copy of any care plans/drug list if there are changes
- Bring a copy of your current medication list with you so it is easy for the doctor to know what you are on - computer systems crash or are very slow all too often
- Asking them to explain something that you don't understand is perfectly reasonable. Asking them to repeat something is also perfectly reasonable