

Before your doctor's appointment

**Prepare to get the most
out of your visit!**



Use this checklist to mark the topics most important to you right now. Fill it out ahead of time. Then, bring this sheet — plus a list of your prescription and over-the-counter medications — to the appointment with you.

What I want to talk about:

- | | |
|---|--|
| ☐ New or ongoing symptoms | ☐ Preventive screenings
(colonoscopy/other cancer screenings, bone density, diabetes) |
| ☐ Mental health concerns
(e.g., stress, anxiety, depression) | ☐ Vaccinations
(e.g., flu, shingles, COVID-19) |
| ☐ Any falls or balance issues | ☐ Recent medication changes |
| ☐ Incontinence/bladder control | ☐ Concerns about medication side effects |
| ☐ Hearing trouble | ☐ Prescription refills needed |
| ☐ Memory concerns | ☐ Other concerns |
| ☐ Sleep problems or fatigue | |
| ☐ Weight changes | |

Add extra details here about the checked-off items above. How are you feeling? What are your specific concerns? Jot down anything you don't want to forget.

Notes:

At your doctor's appointment, make an action plan!

Work with your primary care provider to fill in these details. Don't leave without understanding your care plan and what you need to do next.

Tests or screenings I need:

Test name: _____ Test name: _____

Who will schedule it (me, my provider or another office): _____ Who will schedule it (me, my provider or another office): _____

If I need to schedule it, here's the number to call: _____ If I need to schedule it, here's the number to call: _____

Changes to my medications: (new prescriptions or dosage adjustments)

Medication name: _____ Medication name: _____

New dose: _____ New dose: _____

When to take it: _____ When to take it: _____

Other takeaways: (such as diet, exercise, sleep or other recommendations)

Upcoming appointments:

Provider: _____ Provider: _____

Reason: _____ Reason: _____



STOP! Do you still have questions?

Ask them now before you leave the doctor's office!