

Appointment Prep Checklist

Get the Most Out of Your Visit

Before the Appointment

- ☐ Confirm date, time, location, and provider name
- ☐ Arrange a ride, and someone to come with you if needed
- ☐ Write down your main concerns (put the most important first)
- ☐ Note any new or changing symptoms: when they started, how often, what helps or makes them worse
- ☐ Update your medication list (include vitamins and supplements)
- ☐ Gather any recent test results or records from other providers

Questions to Ask

- ☐ What is causing this, or what are we checking for?
- ☐ What are my treatment options?
- ☐ Are there any new medications, and what side effects should I watch for?
- ☐ Do I need any tests? When will I get results?
- ☐ When should I follow up, and who do I call with questions?

What to Bring

- ☐ ID and insurance card
- ☐ Medication list or the actual bottles
- ☐ List of questions
- ☐ Notebook or phone to take notes
- ☐ Glasses, hearing aids, or other aids you need

Before You Leave

- ☐ Repeat back the plan in your own words
- ☐ Get an after-visit summary
- ☐ Schedule your next appointment
- ☐ Know where any prescriptions or referrals were sent

Notes / Questions
