

Doctor's Appointment Checklist

Pre-Appointment Preparation

- **Research your symptoms:** Take note of any symptoms you've been experiencing, including their duration, intensity, and any factors that worsen or alleviate them.
- **Medical history:** Compile your medical history, including past illnesses, surgeries, allergies, and ongoing treatments.
- **Current medications:** List all medications, supplements, and vitamins you are currently taking, including dosages and frequency.
- **Insurance information:** Ensure your insurance details are up to date and bring your insurance card.
- **Appointment details:** Confirm the appointment date, time, and location. Note the name of the doctor you'll be seeing.

Things to Bring

- **Identification:** Carry a valid ID for verification purposes.
- **Insurance card:** Have your insurance card handy for check-in.
- **Medical records:** If this is your first visit or if you have recent test results, bring copies of relevant medical records.
- **Symptom diary:** If applicable, bring a diary or log of your symptoms and any related observations.
- **List of questions:** Prepare a list of questions or concerns you want to discuss with your doctor.

During the Appointment

- **Discuss symptoms:** Clearly communicate your symptoms, concerns, and any changes in your health.
- **Share medical history:** Update your doctor on your medical history and any recent developments.
- **Ask questions:** Don't hesitate to ask questions or request clarification on diagnoses, treatments, or procedures.

- **Take notes:** Write down important information during the appointment to help you remember details later.

Post-Appointment Actions

- **Follow-up instructions:** Review any follow-up instructions or prescribed treatments. Ensure you understand them completely.
- **Schedule next appointment:** If necessary, schedule your next appointment before leaving the office.
- **Prescription management:** Fill any new prescriptions promptly and adhere to the prescribed regimen.
- **Monitor symptoms:** Keep track of your symptoms and any changes in your condition.