

## Preparing for your doctor visit

Advocating for yourself with your doctor means equipping yourself and your doctor with as much information as possible. This worksheet will help you prepare for your appointment, ask the right questions, and make sure you're getting the best care possible. Fill it out prior to your appointment and take it with you to your visit.

### My Symptoms

What are my symptoms?

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Where is my pain located?

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When did it start?

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Have I experienced any recent health, dietary, activity or environment changes? If yes, list below.

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On a scale of 1 (no pain) to 10 (worst pain possible), my pain is:

1   2   3   4   5   6   7   8   9   10

### My Medical History

My personal medical history:

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Medications I take:

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Recent injuries, illnesses, or medical procedures:

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Recent changes to my mental health:

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Recent changes to my sleep:

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My family medical history:

Mother \_\_\_\_\_

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Father \_\_\_\_\_

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Siblings \_\_\_\_\_

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Maternal grandparents: \_\_\_\_\_

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Paternal grandparents: \_\_\_\_\_

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Mention all of your family history to your doctor, even if it doesn't seem relevant. It may give them ideas about diagnosis or treatment.

## Questions to Ask My Doctor

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## Notes From My Appointment

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## Next Steps

Do I need a referrals for a specialist? \_\_\_\_\_ Do I need to get any lab tests? \_\_\_\_\_

Do I have any prescriptions to fill? \_\_\_\_\_

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## My Next Appointment

Date \_\_\_\_\_ Time \_\_\_\_\_