

PATIENT TOOLS

# Doctor Visit Prep Checklist

Prepare for every provider appointment — so your time is well spent and nothing is forgotten.

---

## Before Your Visit

- Review your symptom journal and write a brief summary of changes since last visit
- List your top 3 questions in priority order (you may not get to all of them)
- Gather all recent lab results, imaging reports, and provider notes
- Update your medication/supplement list with current dosages
- Note any new symptoms, even if they seem unrelated
- Confirm insurance coverage and bring your insurance card
- Arrange transportation — some visits may be draining

## What to Bring

- This checklist and your symptom journal
- A written list of all current medications and supplements
- Copies of recent lab work and imaging
- Insurance card and photo ID
- A notebook or phone to take notes
- A trusted person to help remember and advocate (optional but helpful)
- List of other providers you are seeing

## Questions to Ask

- Based on my symptoms, what do you think is happening?
- What tests are you recommending, and what will they tell us?
- What are the treatment options and their tradeoffs?
- What symptoms should prompt me to call before my next appointment?
- Are there specialists you would recommend I see?
- When should I follow up, and what should I track in the meantime?

## After Your Visit

- Write down what was decided and any follow-up steps
  - Note any new prescriptions and when to start them
  - Record the date of your next appointment
  - Request copies of any new lab orders or visit notes
  - Update your medication list if anything changed
  - Follow up if you haven't received test results within the expected timeframe
- 

## My top questions for today's visit:

1.

---

2.

---

3.

---