



**BEFORE A VISIT TO THE DOCTOR –  
THINK ABOUT AND WRITE DOWN:**

My main question or concern:

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When it started:

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My symptoms (How I feel):

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What I have already done (Did it help?):

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Other questions I want to have answered:

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**AT YOUR VISIT, ASK THE DOCTOR OR NURSE TO WRITE:**

1. What is my main problem?
2. What do I need to do?
3. Why is it important for me to do this?
4. Will I need a follow-up visit?
5. If I need a test or procedure what should I know?

**FOR NEW MEDICINES, ASK THE DOCTOR, NURSE OR PHARMACIST TO WRITE:**

1. Why am I taking this medicine?
2. Does this medicine take the place of any others?
3. When should I take it, how often and what time of day (what about food and alcohol)?
4. What problems might I have?