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

My main question or concern:
________________________________________________________________________

When it started:
________________________________________________________________________

My symptoms (How I feel):
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

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

Other questions I want to have answered:
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

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?