Quest Preparing for your doctor's visit

Advocating for your health means equipping yourself and your doctor with the information you need to plan your next steps. Use this worksheet to prepare for your appointment, ask the right questions, and make sure you're getting the best follow-up care.



What are my symptoms?	Have I experienced any recent health, dietary, activity, or environment changes? If so, list them below.
Where is my pain located?	On a scale of 1 (no pain) to 10 (worst pain possible),
When did I start experiencing symptoms?	my pain is
when did i start experiencing symptoms:	1 2 3 4 5 6 7 8 9
	no pain worst possible pai

My personal medical history	My family medical history
	Mom
1edications I take	Siblings —
lecent injuries, illnesses, or medical procedures ———	Maternal grandparents
Recent changes to my mental health	Paternal grandparents
Recent changes to my sleep	

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My appointment notes Fill out during your appointment	
Notes from my appointment	
Questions for my doctor	

During your appointment, take notes.

Make sure to ask your doctor to clarify
anything you don't understand. You have
the right to ask questions as a patient!

My next steps

Do I need a

- Referral for a specialist?
- O Prescription?
- O Follow-up appointment?
- Lab test?

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