

Before You Go: Visit Prep Worksheet

From: Preparing Questions for Your Appointment (Sample) · Before you go · by Elena Novak (Sample)

Fill this out a day or two before your visit. Bring it with you, or keep it on your phone, so your most important questions come first.

My top concerns (most important first)

1.

2.

3.

Medicines, vitamins and supplements I take

Name	How much / how often	What it's for	Questions about it

Allergies

Allergies and what happens:

What's changed since my last visit

- ☐ Emergency room or urgent care visit
- ☐ Saw a specialist or another clinician
- ☐ Change in appetite or weight

- ☐ Change in sleep or energy
- ☐ New side effect or change from a medicine
- ☐ Big life change (move, loss, new caregiving role, new job)

Details about these changes

What changed and when:

Things to bring

- ☐ This worksheet
- ☐ Medicine list or bottles
- ☐ Insurance card
- ☐ Names and contact info for my other clinicians
- ☐ Glasses / working hearing aids
- ☐ Something to take notes with

Communication needs

- ☐ I'd like an interpreter (call the office ahead to arrange)
- ☐ A support person is coming with me
- ☐ I'd like a few minutes alone with my clinician

Sample worksheet for general education. Adapted from public tips by the National Institute on Aging, MedlinePlus, and AHRQ. Not a substitute for care from your own healthcare professional.