

Doctor Visit Preparation Checklist

A simple checklist for a more useful consultation

Before the visit

- Write your main symptoms and when they began.
- Bring current prescriptions and medicine strips/photos if helpful.
- Bring recent reports, discharge summaries and imaging relevant to the problem.
- List allergies and previous adverse drug reactions.
- Write your top 2-3 questions so important concerns are not forgotten.
- Note home BP, glucose or temperature records if relevant.

Questions you may want answered

- What is the likely diagnosis or differential?
- Which tests are really necessary?
- What should I expect from treatment?
- Which side effects or warning signs matter?
- When should I follow up?

A concise, accurate history often helps more than carrying a large stack of unrelated reports.

Important: This resource is for general education and does not replace an individual medical consultation. Seek urgent medical care for severe, rapidly worsening or emergency symptoms.