

Doctor Appointment Guide

Use this worksheet to prepare for your doctor appointment.

Date & time of your appointment: _____

All current prescription medications and dosage (how much you take):

_____	_____
_____	_____
_____	_____
_____	_____

All current over-the-counter medications and dosage (how much you take):

_____	_____
_____	_____
_____	_____
_____	_____

Vitamins, supplements or herbs:

_____	_____
_____	_____
_____	_____

Doctor's name: _____

Questions for your doctor:

- 1.
- 2.
- 3.

Recent symptoms and/or concerns:

- 1.
- 2.
- 3.

Make sure you have the following items before you go to your doctor:

- Test results since your last visit
- Any referral needed from your doctor
- Insurance cards or authorizations
- A note pad and pen