

# Appointment Prep Sheet

Bring this sheet to your appointment or use it to prepare notes in your phone.

**Important:** This worksheet is for general educational purposes only. It is not medical advice, diagnosis, or treatment. Talk with a qualified healthcare professional about your personal situation. If you may be having a medical emergency, call 911 or your local emergency number.

## 1. Why am I going?

Main concern

Date symptoms started

What has changed recently

What makes it better

What makes it worse

What have I already tried

## 2. My top 3 questions

Question 1

Question 2

Question 3

### 3. Current medications

Medication	Dose	How often	Why I take it

### 4. Allergies and reactions

Allergy	Reaction

### 5. What did the provider recommend?

Diagnosis or possible diagnosis

Recommended test, treatment,  
medication, or next step  
Why it was recommended

Expected benefit

Risks or side effects

Alternatives

What happens if I wait

Follow-up plan

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### 6. After the appointment

- I know what to do next.
- I know who to call with questions.
- I know when to expect results.
- I know what symptoms should prompt urgent care or emergency care.