

Maximize Your Doctor's Visit: A Patient's Prep Guide

Seeing a doctor can feel rushed, overwhelming, or even intimidating. This guide helps you walk in with confidence, stay focused, and leave with the answers you need.

Before the Appointment

- Write down your main symptoms and how long you've had them.
- List any changes in meds, supplements, or health routines.
- Know what you want from the visit (a diagnosis, test, referral, etc.).
- Gather records or recent test results if from outside providers.

Top Questions to Ask

- What could be causing my symptoms?
- Are there any tests I need?
- What are the treatment options?
- What should I watch for or do next?
- Do I need to follow up? When?

Bring with You

- A list of meds + dosages (or the actual bottles)
- Insurance card + ID
- Notes or previous results
- A trusted support person if you need backup

Advocacy Tips

- Don't be afraid to speak up or ask for clarification.
- If you feel rushed, say: "I still have a couple of concerns I'd like to talk about."
- Take notes or ask the doctor to write things down.
- Trust your gut—if something feels off, it's okay to get a second opinion.

Doctor's Appointment Checklist

Date of Appointment: _____

Doctor/Clinic Name: _____

Top 1–3 Concerns Today:

- _____

- _____

- _____

Describe Your Symptoms:

Current Medications & Supplements:

Questions You Want to Ask:

- _____

- _____

- _____

Things to Bring:

☐ Insurance card & ID

☐ Medication list

☐ Test results

☐ Notes/questions

☐ Support person (if needed)

Notes from the Visit:
