

Doctor Appointment Guide

Use this worksheet to prepare for your doctor appointment.

Date & time of your appointment:

Doctor's name:

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

Questions for your doctor:

- 1.
- 2.
- 3.

Recent symptoms and/or concerns:

- 1.
- 2.
- 3.

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

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

Vitamins, supplements or herbs:
