

# Week 7: Doctor Appointment Guide

Use this worksheet to prepare for your doctor appointment.

Date & time of your appointment:

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Doctor's name:

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

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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):

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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:

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