

LIFE MADE SIMPLE

DOCTOR APPOINTMENT PREP & NOTES

Prepare. Communicate. Leave knowing what happens next.

Appointment date: _____ Provider: _____ Specialty: _____

1 WHAT HAS CHANGED SINCE MY LAST VISIT?

New symptoms, diagnoses, test results, procedures, ER/hospital visits, or other important changes:

MEDICATION / TREATMENT CHANGES MADE BY ANOTHER PROVIDER

Medication / treatment	What changed?	Changed by	Why?

Side effects or changes noticed since a medication/treatment change:

2 WHAT DO I NEED TO DISCUSS TODAY?

Main reason for today's visit:

My top 3 questions / concerns:

1. _____
2. _____
3. _____

3 WHAT DID WE DECIDE TODAY?

Provider's assessment / diagnosis / explanation:

Medication or treatment changes TODAY:

☐ Labs / tests ordered ☐ Referral ordered ☐ Medication changed ☐ Follow-up needed

4 WHAT HAPPENS NEXT?

Next appointment: _____ Labs / tests: _____ Referral: _____

What should I watch for, and when should I call or seek urgent care?

My next steps: _____

BEFORE I LEAVE

- ☐ I understand what changed ☐ I understand the next steps ☐ I know when to follow up
☐ I know who to contact with questions

REMEMBER: Write it down, ask for clarification, and repeat instructions back in your own words if you're unsure.

Need one place for medications, providers, appointments, test results, insurance and medical records?

Explore the Life Made Simple Medical Information Organizer: payhip.com/b/hIMyX

