

Preparing for a Medical Appointment

There are four key points to cover when talking to your doctor about any new concerns:

- Location:** Where on your body do you have the problem?
- Description:** What is it like? Has it changed?
- Duration:** How long has it been going on? Is it consistent or fluctuating?
- Intensity:** How bad is it?

The diagram on the other side of this page can be used as a tool for explaining your physical and psychological concerns. Check off or highlight the areas that you would like to talk about.

| Issue | Changes, Concerns and Questions | | |
|--------------------------|---|-----------------|----------------------|
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| Physical symptoms | | | |
| Your mood, sleep. | | | |
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| Medication: side | Ask about refills and bring any new medications you are taking including new | | |
| | Dose | Schedule | Any concerns? |
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