

Doctor Visit Prep Sheet

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Before Your Visit:

- List your top 3 concerns or questions.
- Bring a list of all medications & supplements.
- Know your recent labs or test results (if available).

During the Visit:

- Take notes or ask the doctor to write things down.
- Ask for plain English explanations.
- Repeat back what you heard to confirm.

Key Questions to Ask:

1. What is my diagnosis?
2. What caused this?
3. What are my treatment options?
4. What are the risks vs. benefits?
5. What should I expect next?
6. Are there alternatives?
7. What should I watch for at home?
8. When should I follow up?
9. What do I do if symptoms get worse?
10. Where can I read more?

After the Visit:

- Use your patient portal to review notes.
- Message your doctor with follow-up questions.
- Don't hesitate to ask again if you're unsure.