

# Notes to Take to the Doctor

Date of Visit:

Provider's Name:

Phone:

Address:



Notes **before** the visit:

1.) Why am I seeing the doctor today?

2.) What are my symptoms?

3.) How long has this concern been going on?

4.) What have I tried so far?

5.) What makes it better?

6.) What makes it worse?

7.) What made you decide to make an appointment with the doctor now?

8.) What do you hope will happen at this visit?

# Notes to Take to the Doctor

Notes **from** the exam:

1.) What did the doctor and I talk about?

2.) When should I start feeling better?

3.) What is the treatment plan?

A. What will I do?

B. What will the doctor (or doctor's office) do?

4.) Can I do my regular activities (work, school, see friends)?

Yes       No

A. If I can't do them now, when can I start doing them?

Hours       Day       Week       Other \_\_\_\_\_

5.) How will I receive my test results?

Someone will call me

I will get something in the mail

I should call the office

A. When should I call? \_\_\_\_\_

B. Who should I call? \_\_\_\_\_

a. Name:

b. Phone Number:

6.) When should I come back or call the doctor?

7.) Who can I call if I have questions?

A. Name:

B: Phone number:

8.) Is there anything else I should do?