

Follow-Up Office Visit Planner

I'm in active treatment / Routine follow-up

My Visit Checklist

- ☐ Can you record the audio of the visit?
- ☐ Have a friend or family member there to take notes.
- ☐ Discuss your visit after with a friend or family member.

Appt. Date: _____ Location: _____
Appt. Time: _____ Doctor: _____

List of Current Medications / Supplements (include prescribing doctor and dosage) Current Side Effects and Symptoms _____

Mental Health Concerns (depression, anxiety, etc.)

Questions to Ask Your Doctor

How do you feel my treatment is working, and what is that based on? _____

Have there been significant changes in my lab work since my last visit? _____

Are there any treatment side effects that I should look out for? If so, what can be done to help? _____

Which symptoms/side effects should I notify you of immediately? _____

How do I know when it's time to change treatment? _____

Are there support resources you can recommend? _____

Who can I contact if I have further questions or concerns? (name, phone, email) _____

Additional Questions / Notes: _____