

Doctor Visit Prep Sheet

Bring this sheet to appointments to help organize your thoughts and needs.

■ Basic Info

Name: _____

Date: _____

Doctor: _____

■ Main Goal for This Visit

- Get a new diagnosis or explanation
- Manage a flare or symptom
- Request tests, referrals, or treatments
- Update care plan

Main concern today: _____

■ Symptoms / Changes

- What's changed since last visit?

- Top 3 symptoms today:

1. _____

2. _____

3. _____

■ Meds, Supplements, & Treatments

List new or discontinued meds:

■ Requests / Notes

■ Please update my medical record with this summary

■ Please consider these accommodations: _____

■ I would like a written summary after this visit

Other notes or scripts I'd like to use:
