Appointment Prep Sheet

Fill this out the day before. Bring it with you. When you're tired, the list remembers for you.

Who is the appointment for?

Date, time, and place

Why we're going (the main concern)

My top 3 questions (most important first)

1.

2.

3.

What's changed since the last visit

Bring with me

- ☐ Updated medication list
- ☐ Insurance card and ID
- ☐ Recent paperwork or results
- ☐ This sheet and a pen
- ☐ A second person to listen, if possible
- ☐ Water and a snack

During the visit

- ☐ Say my biggest concern first
- ☐ Ask them to repeat or write down what I don't follow
- ☐ Ask: what happens next, and who contacts me?
- ☐ Ask how to reach the office with questions
- ☐ Unclench jaw. Drop shoulders. Breathe.

What they said

Next step and date

After the visit

- ☐ Write down what was said while it's fresh
- ☐ Add follow-ups to my phone call log
- ☐ Put the next appointment on the calendar