

HEALTH-CARE APPOINTMENT CHECKLIST

A FEW WEEKS BEFORE

- Ask a family member or friend to join you as an appointment companion.
HINT Share this checklist with him/her.
- At least two weeks before the appointment start using the **Symptom Tracker** to track symptoms and identify factors that may be contributing to them.
- Start a list of the issues and questions you want to ask about.

A FEW DAYS BEFORE

- If your joint pain is undiagnosed, complete the **Joint Pain Symptom Checker** and bring to your appointment.
- List all of your medications (prescription and off the shelf), vitamins and supplements, include the strength, how often you take and when the prescription started/ends.
- List all of your treatments, e.g., massage, chiropractic, acupuncture, naturopath, etc.
- Make a list of allergies or sensitivities, especially to medications.
- Write down any other concerns you have with your treatments and medications.
- Collect test results, medical histories, the referral/requisition for this appointment, and any other information that you've been asked to bring to this appointment.
- For medical tests, call ahead and confirm if there is anything that you must do — like fasting, avoiding caffeine, etc.

DATE:

APPOINTMENT WITH:

THE DAY BEFORE

- Review your list of issues/questions to make sure the most important are asked first.
- If you are bringing a companion with you, tell him/her about your concerns and what he/she can do to support you, e.g., take notes at the appointment.
HINT Share your list of issues/questions with your appointment companion so he/she can help keep track of the answers and remind you to ask anything you forget.
- Review this Checklist and make sure you have everything you need to take to your appointment.
- Make sure you have a pen and paper for you or your appointment companion to take notes or with permission, a device to record the conversation.

IMMEDIATELY AFTER THE APPOINTMENT

- Review the notes to make sure everything important was captured accurately including new/changed treatments, follow up actions, next appointment, etc.