

# HEALTH-CARE APPOINTMENT CHECKLIST

DATE:

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## A FEW WEEKS BEFORE

- Ask a family member or friend to join you as a 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.

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## 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.

APPOINTMENT WITH:

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## 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, share your concerns and support needs, e.g., take notes at the appointment.  
**HINT** Share your list of issues/questions with your 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.

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## 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.