HEALTH-CARE APPOINTMENT CHECKLIST

DATE: ______________________________

APPOINTMENT WITH: ______________________________

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.

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.

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.

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.

arthritis.ca