

Make the most of your visit

Bring this sheet, an up-to-date medicine and supplement list, and relevant notes.
Put your most important concern first.

Appointment date / clinician:

My main concern and what I want help deciding:

What has changed, when it started, and how it affects daily life:

Questions to choose from

- What might explain this, and what are the next steps?
- What are my options, including waiting or doing nothing?
- What benefits, risks and costs should I understand?
- What changes mean I should get help sooner?

Before I leave: next step, who will arrange it, and when:

Repeat the plan in your own words to check understanding. Ask how and when you will get test results and whom to contact with questions.

Adapted from National Institute on Aging guidance: nia.nih.gov/health/five-ways-get-most-out-your-doctors-visit