Preparing for Your Appointment

It can be helpful to write your story down before you see your healthcare provider in order to clarify what you want to communicate. Be sure to include answers to the following questions:

1. What symptoms am I experiencing?	
2. When did it begin?	
3. What makes it better or worse?	
4. What are my specific questions or concerns?	

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Medications

Bring a list of all medications that you are currently taking to your doctor's appointment. This includes prescriptions, over-the-counter medications, vitamins, herbs, and nutritional supplements.

	Name	Dose	Frequency	Why I'm taking this medication
Prescriptions				
•				
•				
•				
•				
•				
•				
Vitamins				
•				
•				
•				
•				
•				
Herbs				
•				
•				
•				
•				
Nutritional supplements				
•				
•				
•				
•				

Name:_____

Date: _____

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