

Doctor Visit Preparation Checklist

Prepare your priorities. Bring your information. Leave with a clear plan.

Name: _____ Visit date/time: _____

Provider: _____ Location: _____

1 BEFORE YOUR VISIT

- ☐ Confirm the appointment, location, and any instructions from the office.
- ☐ Ask about interpreter, accessibility, or support-person arrangements if needed.
- ☐ Gather your medication and supplement list, including doses and frequency.
- ☐ List allergies and what reactions you have experienced.
- ☐ Gather relevant test results, home readings, and records from other providers.
- ☐ Bring identification, insurance information, and any required referral.
- ☐ Note new symptoms, when they began, and changes since your last visit.

My top concerns or questions (most important first):

1. _____
2. _____
3. _____

2 DURING THE VISIT

- ☐ Share your top concern early and ask what can be covered today.
- ☐ Discuss medication changes, side effects, costs, or difficulty following the plan.
- ☐ Ask for plain-language explanations and write down the answers.

3 BEFORE YOU LEAVE

- ☐ Repeat the plan in your own words to check your understanding.
- ☐ Confirm medication instructions and request an updated list if anything changed.
- ☐ Ask how and when you will receive test results, and whom to contact.
- ☐ Confirm followup visits, referrals, and symptoms that need prompt attention.

My next step: _____

By when / whom to contact: _____

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