

One page for the doctor

Consultations are short and memory is unreliable on a bad day. Fill this in over the week before, hand a copy over at the start, and keep one for the follow-up.

APPOINTMENT DATE

WITH

FOR

LAST SEEN

SINCE WE LAST MET

What changed: new, worse, better, gone. Dates where you can.

MY THREE PRIORITIES TODAY

In order. If we only get to one, it should be the first.

#	CONCERN	BECAUSE IT STOPS ME...
1		
2		
3		

SYMPTOMS RIGHT NOW

SYMPTOM	HOW OFTEN daily, weekly...	0-3 worst / typical	SINCE	WHAT MAKES IT WORSE OR BETTER

CURRENT MEDICATION / TREATMENT	DOSE & WHEN	HELPS 0-3	SIDE EFFECTS

QUESTIONS I NEED ANSWERED

AGREED TODAY · NEXT STEPS

Tests, referrals, changes, when to come back. Fill in during or straight after.
