LARGE PRINT

Doctor Visit Notes

Before, during and after every appointment

Getting ready • my health summary • my medicines • visit notes • appointment log

Type in it on screen, or print as many copies as you like

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Getting Ready for a Visit

A CHECKLIST FOR BEFORE, DURING AND AFTER • BASED ON AHRQ TIPS FOR PATIENTS

BEFORE

- [ ] Bring all your medicines, or the list on page 4: prescriptions, non-prescription medicines, vitamins and supplements
- [ ] Write down your questions, most important first
- [ ] Know your current conditions, past surgeries and illnesses (page 3)
- [ ] Ask someone to come with you if it helps, to listen and take notes

DURING

- [ ] Explain your symptoms, your history and any problems with medicines you have taken
- [ ] Ask questions until you understand. It is fine to ask the doctor to repeat it.
- [ ] Say if you are worried about following the instructions
- [ ] If a treatment is suggested, ask about the options
- [ ] If a test is needed, ask how it is done, how to get ready and how you will get the results
- [ ] Ask for written instructions before you leave

AFTER

- [ ] Follow the instructions, and call the office if anything is unclear once you are home
- [ ] Talk with your doctor or pharmacist before you stop any prescribed medicine
- [ ] Call if symptoms get worse, or if you have trouble following the instructions
- [ ] Book any tests or specialist visits, and call for test results if you have not heard

My Health Summary

TAKE A COPY TO EVERY NEW DOCTOR OR SPECIALIST

NAME _____ DATE OF BIRTH _____

EMERGENCY CONTACT _____ PHONE _____

INSURANCE & MEMBER NUMBER _____

MY HEALTH CONDITIONS

PAST SURGERIES AND HOSPITAL STAYS (WITH YEAR)

ALLERGIES (MEDICINES, FOODS, LATEX) AND WHAT HAPPENS

MY DOCTORS AND PHARMACY

NAME	SPECIALTY	PHONE

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My Medicines

EVERYTHING I TAKE: PRESCRIPTIONS, NON-PRESCRIPTION, VITAMINS AND SUPPLEMENTS

UPDATED ON _____

MEDICINE	DOSE	WHEN I TAKE IT	WHAT IT IS FOR	PRESCRIBED BY

Include eye drops, inhalers, creams, vitamins and supplements. Bring this page to every visit.

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Visit Notes

ONE PAGE PER APPOINTMENT • PRINT AS MANY AS YOU NEED •

DATE _____ DOCTOR _____ CAME WITH ME _____

REASON FOR THE VISIT _____

MY QUESTIONS (MOST IMPORTANT FIRST)

WHAT THE DOCTOR SAID

NEW MEDICINES OR CHANGES (NAME, DOSE, WHEN, FOR HOW LONG)

TESTS OR REFERRALS, AND HOW I GET THE RESULTS

WHAT I DO NEXT, AND WHEN TO CALL

NEXT APPOINTMENT _____ OFFICE PHONE _____

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MY QUESTIONS (MOST IMPORTANT FIRST)

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Appointment Log

EVERY VISIT AT A GLANCE • ONE LINE EACH

DATE	DOCTOR	REASON	OUTCOME / CHANGES	FOLLOW-UP

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