



Patient Prep Checklist

Feel more prepared. Speak with confidence. Get the care you deserve.

Before Your Appointment

- Write down your symptoms (what, when, triggers, patterns): _____
- List all medications (include over-the-counter and supplements): _____
- Bring your health history (surgeries, allergies, recent test results): _____
- Top 3 questions or concerns: _____
- Know your visit goal (answers, referrals, plan?): _____
- Bring someone with you (if possible): _____

During Your Appointment

- Speak up about symptoms or concerns: _____
- Take notes or ask to record the visit: _____
- Ask for written instructions or a summary: _____
- Repeat back key info to confirm understanding: _____

After Your Appointment

- Review notes or recording with someone you trust: _____
- Follow up on referrals, labs, or next steps: _____
- Track any new symptoms or side effects: _____
- Plan your next visit or prepare more questions: _____

You're not 'just' the patient. You're part of the care team.