

Before, During, and After Your Appointment Worksheet

Preparation Before Your Appointment:

1. What is your medical history?

Secondary conditions and/or illnesses:

Past surgeries:

Allergies:

Changes since last visit:

2. What medications are you taking and what are your experiences with these medications?

Prescription medications:

Over-the-counter medications:

Natural health products:

Previous experiences with medications (side effects, allergies, positive/negative effects, etc.):

3. What questions or topics would you like to discuss during your appointment?

Questions:

4. Where is your appointment going to occur?

Address of the appointment:

Accessibility of the location:

Link for appointment, if virtual:

Strategies During Your Appointment:

- Explain your medical history
- Ask questions to make sure you understand the information, advice, or recommendations your healthcare providers give you
- Let your healthcare provider know about any concerns you have with the information, advice, or recommendations given
- If a new medication or medication change is recommended, ask about your options
- If a test or scan is recommended, ask about:
 - What it is for:
 - How it is done:
 - How it will feel to take the test/scan/medication:
 - How you need to prepare for it:
 - How you will get the results and who the results should be shared with:
- Ask about next steps following your appointment
 - Date and time of next appointment:
 - Written instructions and/or information (e.g. brochures, websites):

Tips for After Your Appointment:

- Talk to your healthcare provider and pharmacist before stopping any medications that were prescribed
- Call your healthcare provider if you experience worsening symptoms, side effects, or have difficulties following the instructions
- Call your healthcare provider if you have any questions or concerns after you leave your appointment
- Make follow-up appointments with your healthcare provider or specialists, as needed
- Record any additional questions that you want to discuss at your next appointment