Doctor’s Visit Checklist

Materials you will need for your doctor’s visit:
- Insurance card/information
- List of medications you are currently taking
- List of your symptoms and/or concerns you would like to address

Helpful questions to ask during your doctor’s visit:
- □ Am I due for any routine screenings or immunizations?
- □ Have any of the routine screenings found something? If so, what’s the diagnosis?
- □ Do you have any recommendations about lifestyle modifications I should make, such as exercising, smoking cessation or changing my diet?
- □ How is my overall health?

Helpful questions to ask about medications your doctor might prescribe during your visit:
- □ What is the name of the medication?
- □ Can a generic drug be substituted?
- □ What is the purpose of the drug?
- □ Are there any potential side effects?

Helpful questions to ask at the end of your doctor’s visit:
- □ Should I schedule a follow-up visit?
- □ How will I obtain my test results?
- □ Can you give me any written materials or online resources where I can learn more about my condition?
- □ If my condition doesn’t improve, how long should I wait before returning to the doctor?
- □ Is there anything else I need to know?

Helpful information to document after your doctor’s visit:
- □ Your doctor’s diagnosis
- □ Your next steps
- □ Any prescribed treatments and home care techniques