

Medical Visit Form

One of the best ways you can play an active role in your health care is by being prepared for your doctor's visits. The quality of the advice you get from your doctor depends on the quality and amount of information your doctor gets from you. Before you visit your doctor, you can fill out this Medical Visit Form to help you determine what you want to discuss with your doctor and which questions to ask.

Name of Doctor: _____

Telephone Number: _____

Date: _____

Describe your problem

Parts involved, what hurts (e.g., left lower calf, when foot is flexed):

Quality of the symptom (e.g., throbbing, burning sensation, sharp pain, dull ache):

Relieving or worsening of symptoms (e.g., eating makes it feel better, walking makes it hurt):

Associated symptoms (e.g., nausea, shortness of breath, blurred vision):

Time/Course (e.g., how long have you had it, has it changed location, did it come back):

Give your health history

Have you had this problem before? When?

What was done and did the treatment work?

Have you seen other health care providers about your problem?

Who else in your family has had it?



Provider-related information

List the medications and dosages you are taking:

Allergies to medicines, food, etc.:

Other medical conditions you have:

Medical conditions that run in your family:

Concerns you have about your health:

What lifestyle changes, if any, have you made recently?

What to ask your health care provider during your visit

You can use these questions to get the information you'll need to make your treatment choices.*

Diagnosis

- What's wrong?
- What causes it?
- How serious is it?

Tests

- What tests do you recommend?
- What is the purpose?
- What are each test's benefits in relation to its risks and costs?
- What would happen if I chose not to be tested?
- (After the tests) What do the test results mean?

Options

- What treatments do you recommend and why?
- What treatment options do I have?
- What are my next steps if the treatment doesn't work?
- What may happen if I choose not to be treated?

Medications

- What are the choices?
- What are the side effects?
- How will it (they) interact with other prescription or over-the-counter drugs?
- What is the dosage and frequency?
- Should I take it with or without food, or avoid alcohol?

Doctor's Orders*

- What activities do I need to avoid?
- Am I contagious?
- Do I need a follow-up visit? When?
- Should I watch for anything special?
- What can I read to get more information on my condition?

*Always ask for an explanation of things you don't understand.