



DOCTOR VISIT FORM

Unsure how to communicate with your doctor?
Fill out this form to take with you to your next
medical appointment. Compliments of eHealth
Forum, your health community available 24/7.

Find answers to your medical questions

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BASICS - Fill out this form and take it with you to your next medical appointment. It will serve as a reminder of what you need to bring, goals for the appointment, questions for the doctor, and what steps you need to take next.

Bring to the appointment:

- Insurance card
- Medical records
- Vaccination history
- Diagnostic test results
- List of all medications, herbs and vitamin supplements I take
- List of questions since my last visit
- Name(s) and phone of other doctor(s) I see

My goals for this appointment:

(check all that apply)

- To get a diagnosis for new symptoms
- To confirm a diagnosis
- To get information about a condition
- To report changes in a condition
- To explore appropriate treatments
- To monitor the success of treatment
- Other

My basic health history:

Conditions: _____

Treatments: _____

Allergies: _____

Family history: _____

My current health concerns:

Pick three or four questions or concerns that you most want to talk about with the doctor. If you have more than a few items to discuss, put them in order and ask about the most important ones first. You can tell the doctor these concerns at the beginning of the appointment, and then discuss each in turn. If you have time, you can then go on to other questions. Don't put off the things that are really on your mind until the end of your appointment—bring them up right away!

1. _____

2. _____

3. _____

4. _____

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SYMPTOMS - Complete this page for each of the health concerns that you'd like to discuss

What is the condition for which you are seeking information/treatment? _____

Have you previously been treated for this or a similar condition? If yes,

What was the treatment? _____

What were the results of treatment? _____

Do you have any diagnostic tests results related to the condition? If yes, please list.

No

Yes _____

Questions to ask yourself about each problem symptom:

1. Characterization

a. Localization

- What's the general area of pain?
- Where does the pain start?
- Where does the pain end?
- Does the pain spread?
- How can you describe the symptoms?

b. Intensity

- Which symptom is most intense?
- How intense is the pain (on a scale of 1-10)?
- Does the symptom interfere with activities?
Which ones? How?
- Can you sleep? Does the symptom interfere?

c. Duration

- Which symptom appeared first?
- When did the symptom first appear?
- How long does the symptom last?
- Are the symptoms constant?
- If not, when do you experience them?
- Does the symptom come and go?
- What time of day does the symptom occur?
- How often does the symptom occur?
- Has the symptom changed since you first noticed it?

2. Triggers

- Does anything you do make the symptoms better? Or worse?
- Are there any patterns/triggers associated with your symptoms?
- What triggers the onset of the symptom (nothing, activity, stress, noise, food, etc.)
- Is the symptom present after sleeping or rest?
- What helps or alleviates the symptom?

3. Concurrent symptoms

- Does the symptom appear at the same time as other symptoms?
- What are the other symptoms?



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FOLLOW UP- These questions will help you prepare for the end of the appointment. Feel free to ask your doctor for multiple explanations and if necessary, you can always seek a second opinion.

Questions to ask your doctor:

Is there additional information about my condition or treatment?

- Brochures
- Websites
- Associations (professional or non profit)
- Support groups
- Telephone hotlines

Are there danger signals I should watch for and report? (changes in symptoms, medication side effects)

How can I contact the doctor with questions or concerns that may arise?

Office telephone: _____
Mobile telephone: _____
Answering service: _____
Pager: _____
Email: _____

Do I need a follow-up appointment? If yes,

Can I get a second opinion? If yes,

When?: _____
With whom?: _____
What should I bring? _____

When?: _____
With whom?: _____

Other questions:

1. I am still worried / concerned / not understanding. Can you explain again, please?

2. _____

3. _____

4. _____