



Medical Appointment Guide

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Medical Notebook

A medical notebook is useful for logging appointments, questions and follow ups. It allows you to write down questions ahead of time, list prescriptions you need refilled, etc. It's much easier to remember details from your appointment when you keep a log. Also, you can have a separate section or notebook for family members (for example, a separate one for children.)

Keep a medical year at a glance calendar or information sheet

Examples:

- Jan 15 – March 1: PT for right hip
- May: diagnosed with Osteoporosis
- August 1: Mammogram
- October 10: started new medication ___ from Dr. XYZ
- November 1: Schedule annual eye appointment
- November: Annual flu shot

This can be helpful for future doctor's office forms, and for social security disability (both for initial hearing and future follow up reports). It could be a sheet at the front of the notebook or even a note on your phone.

Have a checklist for each appointment

- Do I need Rx refills?
- What are my main questions for the appointment?
- What are my follow up instructions?
- Who do I contact in the office if I have questions or concerns after the appointment?

For the appointment itself

- Consider taking your partner or other close person to the appointment with you, for support.
- Keep a list of your prescriptions with you. Keep it up to date and include doses, how many times you take it, etc. Often it's easier to give the provider a copy of it than to list everything each visit. It's also good to keep this info in your wallet or on your phone, in case of an emergency.
- Have a #1 issue you want to discuss and do this first.



- If you have a second issue, see if you can fit it in. The time goes quickly and prioritizing will help.
- Request an appointment summary/report before you leave the office. Many providers have shifted to this practice to ensure patients have written instructions before they leave.
- Some providers also have online portals for your medical information, for retrieving test results, scheduling appointments, and even emailing questions or concerns in-between appointments.

Once your appointment is done, go home and rest up. Review any follow up actions, like picking up a prescription, and plan to complete.