Information to Collect Beforehand to Take to a Doctor's Appointment

To make the most of your doctor's visit, print out this form, complete any lists that are pertinent, and take this with you to your next doctor's visit.

Jot down everything you'd like to ask your physician.

Note any changes in sex life, appetite, mood and/or body.

For each, note the date that the entry is made, what it is about, and the changes noticed.

Changes since last doctor's visit:

Date(s):	Re:	Notes:

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List all your medicines in the chart below including prescription and non-prescription drugs such as aspirin, antihistamines, vitamins, and/or supplements. Note how often you are taking each one, if it is a prescription, who the prescribing physician is, and for any that do not seem to be working or are causing you any problems, jot down the common side effects or unwanted feelings or symptoms.

Medications taken:

Medication Name:	How Often Taking:	Prescribing Physician:	Side Effects / Notes:
________ ○ Prescription ○ Non-prescription			
________ ○ Prescription ○ Non-prescription			
________ ○ Prescription ○ Non-prescription			
________ ○ Prescription ○ Non-prescription			
________ ○ Prescription ○ Non-prescription			
________ ○ Prescription ○ Non-prescription			
________ ○ Prescription ○ Non-prescription			
________ ○ Prescription ○ Non-prescription			
________ ○ Prescription ○ Non-prescription			
________ ○ Prescription ○ Non-prescription			

My name: ____