



Living Well - Communication

Below is a checklist to help you prepare for your doctor's appointment.

- ☐ Did you bring all of your medications, in bottles, including over-the-counter medications like vitamins and herbal medications?
- ☐ Did you write down questions or concerns before the appointment?
Recognize that not all issues can be dealt with at one appointment.
- ☐ Did your trusted family members or friends write down observations regarding changes (either good or bad) that they have observed in your behaviour since your last appointment? This will help the doctor to better gauge the progression of the disease (either positive or negative), and to follow any improvement after medication.
- ☐ Did you arrange for a trusted family member or friend to accompany you to the appointment to provide information and be a second set of ears?
- ☐ Did you keep a list of all doctor or therapy appointments, medical tests, and hospital admissions forms to bring with you to the appointment, to help keep track of important issues?