



Doctor Visit Planner

Fill in the top half before your appointment. Bring your medication list too.

Date, doctor and reason for the visit

The three things I most want to talk about

What has changed since my last visit (sleep, energy, balance, appetite, mood)

Medicines started, stopped or changed

Questions worth asking

- ☐ What is the most important thing for me to do before my next visit?
- ☐ Is this new medicine safe with everything else I take?
- ☐ Is it safe for me to start gentle exercise, like seated movement or walking?
- ☐ What should make me call you before my next appointment?

What the doctor said

Notes

Next steps and next appointment



Getting More From Doctor Visits

Short visits go further when you walk in prepared.

Before the visit

- **Pick your top three:** write the three things you most want to talk about, most important first. Say them at the start of the visit, not the end.
- **Bring your lists:** your medication list and this planner. If it is a new doctor, bring past records or a summary.
- **Note changes:** sleep, appetite, energy, balance, memory, mood, pain. When did it start? What makes it better or worse?
- **Bring someone if you like:** a family member or friend can listen, take notes and remember what was said.

During the visit

- **Be specific:** "I get dizzy when I stand up in the morning" helps more than "I feel off."
- Ask the doctor to repeat or write down anything important. It is normal to ask.
- **Repeat back what you heard:** "So I should take this with food, twice a day?" This catches mix-ups before you leave.
- **Ask about any new medicine:** What is it for? How and when do I take it? What side effects should I watch for? Is it safe with what I already take?
- Hard of hearing? Ask to sit where you can see the doctor's face, or ask for printed instructions.

Questions that are always fair to ask

- What is the most important thing I should do before my next visit?
- Are there other options, and what are the pros and cons of each?
- What should make me call you before my next appointment?
- Is it safe for me to start or change my exercise, such as walking or seated movement?



Getting More From Doctor Visits (continued)

After the visit

- Read over your notes the same day while it is fresh, and update your medication list.
- Use the patient portal if you have one. Many offices post visit summaries and test results there.

Keep your filled-in planners in one folder. Over a year they become a simple health history that makes the next visit, or a new doctor, much easier.

Sources and more help: National Institute on Aging, "Talking With Your Doctor" (nia.nih.gov); Agency for Healthcare Research and Quality (ahrq.gov). General information only.