



HELP

HEALTH EDUCATION
& LITERACY PROGRAM

How to Prepare for Appointments

Before your appointment

- What do you want to accomplish?
- Important questions
- Concerns to address
- List of medications
- Medical history

During your appointment

- Bring a trusted friend or family member
- Ask most important questions first
- Ask open-ended questions
- Write down important information
- Ask for clarification

After your appointment

- Follow instructions
- Use electronic health records
- Research information
- Call your doctor/pharmacist
- Get a second opinion

Appointment Worksheet

Use this sheet to help prepare for your appointment and bring it with you to write down information.

What do you want to accomplish?

What questions do you have?

List of medications (name, dose, frequency)

Follow-up instructions

Important information
