

Discussing Your Concerns with the Doctor: Worksheet

At each visit, your doctor will likely **ask about your concerns**. It's a good idea to think about **what you'd like to talk about** before the actual visit. This form can help you **organize your thoughts**. Make a copy of the blank form so you will always have a clean copy to use. Then, after you make an appointment, take a minute to write down the name of the doctor and the appointment details (for example, the date, time, and address). Use the form to make a list (in order, from most important to least important) of the concerns you want to discuss.

Doctor:	Appt. Date:	Time:	Address:	Phone:
Appointment Details (Most Important to Least Important)				
1				
2				
3				
4				
5				
6				
7				
8				
Notes				