Doctor's appointment checklist

Fill in the top before you go, and the bottom straight after. Share a copy with the family.

Appointment with

Date, time and time zone

Address

Who is going

Who is taking notes

Transport

What to bring

- [ ] Photo ID and insurance or benefit cards
- [ ] The current medication list
- [ ] A short written list of questions, most important first
- [ ] Notes on recent changes
- [ ] Results, letters or discharge papers from other providers
- [ ] A note of any legal documents that give you a role
- [ ] Glasses, hearing aids and a snack or water if it is a long visit
- [ ] A notebook or your phone to record what is said

What has changed since last time

Our questions, most important first

Questions worth asking

- [ ] What is the most likely cause, and what are the other possibilities?
- [ ] What do we need to do next, and by when?
- [ ] Are any medicines changing? What are they for, and what should we watch for?
- [ ] Is there anything my parent should avoid doing?
- [ ] When should we call, and who do we call? What counts as urgent?
- [ ] When is the next appointment, and what should we prepare?

General information only, not medical, legal or financial advice. In an emergency, call your local emergency number.
Free from kinshipguard.com/free-printables. Kinship Guard is a shared care app for families on iPhone, iPad and Android.

Straight after: what was said

Changes to medicines (as told by the doctor)

Next steps

What needs to happen	Who	By when

Next appointment

Summary shared with the family on