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

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.