Pre-Visit Preparation Sheet

Complete this 24 hours before every appointment

Research shows that patients who arrive with a written agenda receive more complete information and leave with fewer unresolved questions. This sheet structures your preparation into the four things that matter most.

Date and Time of Appointment

Provider Name and Specialty

Facility / Location

Primary reason I am going to this appointment (one sentence)

My top three questions in order of priority

Symptoms I want to describe (when they started, how often, severity 1-10)

Changes since my last visit (better, worse, new symptoms)

Medications or supplements I have started or stopped since last visit

What I am most worried about (say this out loud at the start of the appointment)

Who is coming with me as my advocate?

What does my advocate know to watch for?

Tip: Hand this sheet to the provider or nurse at the start of the appointment. Say: I prepared this so we can use our time well.