

Doctor Appointment Planner & Question Sheet

Prepare for an appointment and organize what I want to discuss

USE YOUR OWN OBSERVATIONS

Use this worksheet to organize your observations and questions. It does not diagnose, interpret symptoms, or recommend treatment.

BEFORE MY APPOINTMENT

APPOINTMENT DATE

APPOINTMENT TIME

HEALTHCARE PROFESSIONAL / CLINIC

REASON FOR THIS VISIT

CONCERNS AND CHANGES I WANT TO MENTION

MY TOP CONCERNS

CHANGES NOTICED SINCE THE LAST VISIT

WHEN DID THE CHANGE START?

HOW DOES IT AFFECT DAILY LIFE?

QUESTIONS FOR MY HEALTHCARE PROFESSIONAL

1.

For personal organization only. This worksheet is not medical advice, a diagnostic tool, or a substitute for care from a qualified healthcare professional.

<https://hypothyroidsupport.org>

2.

3.

4.

INFORMATION I AM BRINGING

MEDICATION / SUPPLEMENT UPDATES

☐ I brought my current medication list

RECORDS / LABS TO DISCUSS

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Record key information, instructions, and follow-up

RECORD WHAT YOU'RE TOLD

Record information provided by your healthcare professional. Do not start, stop, skip, or change medication based only on this worksheet.

DURING AND AFTER MY APPOINTMENT

KEY POINTS / INSTRUCTIONS RECEIVED

TESTS ORDERED OR DISCUSSED

REFERRALS / FOLLOW-UP

CLINICIAN-DIRECTED MEDICATION CHANGES

Record only changes directed by your healthcare professional

DATE

MEDICATION

NEW PRESCRIBED DOSE / SCHEDULE

INSTRUCTIONS / MONITORING NOTES

UNRESOLVED QUESTIONS / NOTES

FOLLOW-UP DATE

NEXT STEPS
