Before your next appointment

Fill it in ahead of time. Bring it with you. Hand it over if that's easier than saying it.

Appointment with _____ Date & time _____

Reason for the visit _____ Coming with me _____

Bring: ☐ ID & insurance card ☐ Medication list ☐ Forms filled in ☐ This sheet

one The question I most need answered today

two What's changed since my last visit

three Other questions, most important first

four What I'd like to leave with in writing

notes What I was told

> It's okay to say: *"Can you write that down for me?"* or *"Can you say that again more slowly?"*

after Next steps

What needs to happen	Who does it	By when

Why this helps: across 33 randomized trials, people who prepared questions before a visit asked more of them. The effect was small, but real (Kinnersley et al., 2007, *Cochrane Database of Systematic Reviews*). This sheet is for organizing your questions; it isn't medical advice.