My visit prep sheet

Fill this in before your appointment and bring it with you. One page. Free to copy and share.

PatientPower
beyondmychart.com

Name **Visit date** **Doctor / clinic**

1 Current medicines

Prescription, over-the-counter, vitamins, supplements, eye drops. Include what you buy yourself.

Medicine	Dose	How often	What it's for

Pharmacy name and phone:

2 Changes since my last visit

ER visits, specialists seen, medicine changes, appetite, weight, sleep, energy.

3 Symptom log

When it started, when and how often, better or worse, what helps, effect on daily life.

Symptom	Started	When / how often	Better or worse? What helps?	Effect on daily life

4 My top 3 questions

Most important first. Ask them early in the visit, not at the end.

1.
2.
3.

5 Records to bring

Only what this doctor doesn't already have. Ask the office what they can already see.

- ☐ Insurance card(s)
- ☐ Medicines, or this list
- ☐ Visit summaries from other doctors or urgent care
- ☐ Names and phone numbers of my other doctors
- ☐ Recent test results or imaging reports
- ☐ PatientPower Summary, Visit Packet or share link

Other:

Based on: AHRQ, Be More Engaged in Your Healthcare (Questions Are the Answer), ahrq.gov/questions/be-engaged (boxes 1, 4); NIH National Institute on Aging, How To Prepare for a Doctor's Appointment, nia.nih.gov/health/medical-care-and-appointments/how-prepare-doctors-appointment (boxes 1, 2, 4, 5); NIA, What Do I Need to Tell the Doctor?, nia.nih.gov/health/medical-care-and-appointments/what-do-i-need-tell-doctor (boxes 1, 3).

General guidance for organizing your own information. Not medical advice. Ask your doctor or pharmacist about your medicines and symptoms. In an emergency, call 911. This sheet does not collect or send any information. PatientPower is not affiliated with or endorsed by Epic Systems Corporation. MyChart is a trademark of Epic Systems Corporation.