



## Preparing for Your Appointment

The best way to keep track of your medical history is to create a personal health record. There are many offered online, such as Microsoft's HealthVault. You can upload and store health information, and then print it before you go see your doctor.

It can be helpful to write your story down before you see your healthcare provider in order to clarify what you want to communicate. Be sure to include answers to the following questions:

1. What symptoms am I experiencing?	
2. When did it begin?	
3. What makes it better or worse?	
4. What are my specific questions or concerns?	

## **Medications**

Bring a list of all medications that you are currently taking to your doctor's appointment. This includes prescriptions, over-the-counter medications, vitamins, herbs, and nutritional supplements.

	<b>Name</b>	<b>Dose</b>	<b>Frequency</b>	<b>Why I'm taking this medication</b>
<b>Prescriptions</b>				
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<b>Vitamins</b>				
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<b>Herbs</b>				
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<b>Nutritional supplements</b>				
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Name: \_\_\_\_\_

Date: \_\_\_\_\_