



Doctor Visit Checklist

Bring this to every appointment. Check each item before you go.

BEFORE THE VISIT

- Write down your questions — most important ones first
Tip: doctors have limited time. Put your top concern first.
- Make a full list of all medications, doses, and what each one treats
Include vitamins, supplements, and over-the-counter drugs.
- Note any changes you have seen since the last visit
Falls, mood shifts, appetite changes, new pain, or confusion.
- Bring all insurance cards and a photo ID
- Confirm the appointment the day before

AT THE APPOINTMENT

- Tell the doctor your most important concern right away
Do not wait until the end of the visit to bring it up.
- Ask about any new symptoms — even ones that seem minor
- Ask if all current medications are still needed
Tip: "Is there anything on this list we could reduce or stop?"
- Ask about drug interactions if your parent sees multiple doctors
- Write down or record what the doctor says
- Ask: "What should I watch for before the next visit?"
- Ask if any tests, blood work, or screenings are due

AFTER THE VISIT

- Fill any new prescriptions — check for interactions at the pharmacy
- Schedule any follow-up appointments or referrals
- Share updates with other family members who help with care
- Note the date and main points from this visit for your records

