

# Questions before your appointment

We're here to help you track your symptoms so you can feel empowered to take charge of your health. To get the most out of your next discussion with your healthcare provider, **please answer these questions about your symptoms.**



**1a.** Have you had any new symptoms?

Yes    No

If yes, what are they?

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**2a.** How often have you had new or worsening symptoms?

Symptom 1: \_\_\_x per    Day    Week    Month

Symptom 2: \_\_\_x per    Day    Week    Month

Symptom 3: \_\_\_x per    Day    Week    Month

**1b.** Have you had any symptoms that have become worse?

Yes    No

If yes, what are they?

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**2b.** How severe are they? (1=mild, 10=extreme)

Symptom 1:            1    2    3    4    5    6    7    8    9    10

Symptom 2:            1    2    3    4    5    6    7    8    9    10

Symptom 3:            1    2    3    4    5    6    7    8    9    10

**3.** What have you been doing to manage your new symptoms?

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**4.** What have you been doing to manage your worsening symptoms?

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**5a.** Do these symptoms make any daily tasks or other activities more difficult?

Yes    No

If yes, please list the daily tasks or activities:

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**5b.** How much are your activities affected?

Rarely    Sometimes    Often    Always

**6.** What do you think may be contributing to these new or worsening symptoms?

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**7.** Write any additional questions you'd like to ask your healthcare provider during your appointment:

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# Questions to talk through at your healthcare provider appointment

Bring these questions with you to help you better manage your health condition.

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**1.** What diagnostic test(s) do you recommend to address my new or worsening symptoms?

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**2.** Do you suggest changing anything about my medication routine to help relieve my new or worsening symptoms, such as modifying the dose, dose frequency or switching to an alternative medication?

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**3.** In conjunction with a medication, is there anything else I can do to help manage these symptoms or improve my condition?

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**4.** When is my next appointment?

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