

# Questions before your appointment

You know yourself better than anyone. If you've had ongoing pain or symptoms, you may have a chronic health issue. We want you to feel empowered to take control of your health.

**To get the most out of your next discussion with your healthcare provider, please answer these questions about your symptoms.**



**1a.** What are your symptoms?

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**1b.** How often have you had these symptoms?

\_\_\_ x per Day Week Month

**1c.** For how long?

\_\_\_ Days Weeks Months Years

**2a.** Do your symptoms affect any daily tasks or activities (brushing your teeth, carrying groceries, exercise, etc.)?

Yes No

If yes, please list the daily tasks or activities:

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**1d.** When do you experience these symptoms?

Morning Afternoon Evening Night

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

1 2 3 4 5 6 7 8 9 10

**2b.** How much are your activities affected?

Rarely Sometimes Often Always

**3.** Have you done anything to manage your symptom(s), including trying any over-the-counter medications or therapies?

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**4.** 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 this form with you so you can ask questions and take notes during your discussion.

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1. What might be causing my symptoms?

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2. Could these symptoms suggest a more serious health condition? If so, what health conditions?

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3. Are there any diagnostic test(s) that I need to take to confirm a diagnosis? If so, which ones?

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4. What treatment options are available?

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5. What treatment plan do you recommend for me?

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6. If I start new medication(s), when would I start to see results?

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7. If I start new medication(s), what side effects should I look for?

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8. Are there alternative therapies that could work for me?

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9. Are there any lifestyle changes that I should make?

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10. When is my next appointment?

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