The Doctor Visit Companion

One sheet per visit. Fifteen minutes goes fast — walk in with it written down, walk out with it written down.

THIS VISIT IS FOR

DOCTOR / CLINIC

DATE

BEFORE — WRITE IT DOWN IN THE WAITING ROOM, OR THE NIGHT BEFORE

THE THREE THINGS WE CAME TO ASK

1.

2.

3.

WHAT'S CHANGED SINCE LAST TIME

Sleep · appetite · falls · pain · memory · mood — small changes are exactly what the doctor needs to hear

DURING — FOUR QUESTIONS WORTH THE WHOLE VISIT

- "What changed today, in plain words?"
- "What are we watching for — and what's the red flag that means call you right away?"
- "Does anything on the medication list change? Anything to stop taking?"
- "When do we come back — and who do we call after hours?"

AFTER-HOURS NUMBER THEY GIVE YOU

AFTER — IN THE PARKING LOT, WHILE IT'S FRESH

WHAT WAS DECIDED TODAY

NEW OR CHANGED PRESCRIPTIONS

Update the Hospital Sheet and retake the bottle photo

NEXT APPOINTMENT

Date · time · what it's for

WHO I NEED TO UPDATE

One group text beats twenty phone calls

QUESTIONS FOR NEXT TIME

The one you thought of on the drive home

THE FOLDER TRICK

Keep every visit's sheet in one folder, newest on top. Six months in, that folder is the medical story every new doctor asks you to tell from memory — except now you just hand it over.