

Appointment Guide

A simple guide to help you ask questions and understand your care

Appt date: _____

Doctor: _____

Type of appt: _____

BEFORE THIS APPOINTMENT

What I want to understand: _____

What matters most to me today: _____

Not sure what questions to ask? Use the "Questions List" to help guide you.

START HERE: A FEW QUESTIONS THAT GROUND THE CONVERSATION

☐ What is most important for me to understand right now? _____

☐ What are we focusing on at this stage of my care? _____

☐ _____

1. UNDERSTANDING WHAT IS HAPPENING

☐ What part of this is most important for me to fully understand? _____

☐ _____

2. UNDERSTANDING MY CHOICES

☐ Which option do you recommend for me, and why is it the best fit? _____

☐ _____

3. WEIGHING TRADEOFFS AND DECISIONS

- ☐ What are the biggest benefits and downsides of this treatment? _____

- ☐ _____

4. DAILY LIFE, SIDE EFFECTS & SUPPORT

- ☐ How might treatment affect my energy, mood, appetite, sleep, focus, or daily activities?

- ☐ _____

5. NEXT STEPS

- ☐ What happens next, and when? _____

- ☐ _____

5A. ALWAYS CLOSE WITH THESE THREE QUESTIONS:

- ☐ What are the three most important things I need to do before our next visit? _____

- ☐ How will we stay in touch if I have questions between visits? _____

- ☐ Is there anything I haven't asked that you think I should know? _____

Notes from This Appointment

What I heard: _____

Follow up questions: _____