

Doctor's Visit Questions Checklist

Use this checklist to ensure you get the information you need at your medical appointments.
Bring it with you and take notes as needed.

General Questions About My Condition

- What do you think could be causing my symptoms?
- Could this be related to a chronic illness or an underlying condition?
- What tests can be done to diagnose my condition accurately?
- Are there any conditions that should be ruled out?
- How will this condition affect my daily life in the long term?

Questions About Symptoms & Management

- What are the best ways to manage my symptoms?
- Are my symptoms likely to get worse over time?
- What should I do if my symptoms suddenly get worse?
- Are there lifestyle changes that might help reduce my symptoms?
- Do you recommend any at-home remedies or treatments?

Questions About Medications & Treatment

- What treatment options are available for my condition?
- What are the possible side effects of the medications you're prescribing?
- How long will it take to see results from the treatment?
- If this medication doesn't work, what's the next step?
- Are there non-medication alternatives I could try?
- Are there any interactions with my current medications or supplements?

Questions About Testing & Diagnosis

- What tests do I need to confirm a diagnosis?
- How reliable are the test results?
- Do I need any follow-up testing in the future?
- How should I prepare for these tests?
- Will my insurance cover these tests, or are there low-cost options?

Questions About Lifestyle & Daily Life Adjustments

- What changes can I make to my diet to help manage my symptoms?
- Are there specific exercises or physical therapy options I should try?
- How can I balance work, daily activities, and managing my condition?

