

# Making the most of your clinic visit

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

These are some questions that your doctor and nurse may ask you. We encourage you to complete this form as a way to make sure all your questions and concerns are addressed.

**Remember to bring any records you have been keeping since your last visit such as blood pressure records or blood sugar records.**

**Remember to bring in your medications and your medication list as well.**

**What do I want to talk to the doctor about?**

**What has changed in how you are feeling?**

**Has there been any recent change or stress in my life?** (For example poor sleeping, eating, loss of a loved one or job)

**Since your last visit have you been in the hospital or been to see your family doctor with a health related concern?**

YES

NO

Who did I see? \_\_\_\_\_

What was my problem?

What happened?

**What are the changes I want to make, and how am I doing with this?**

(for example diet, exercise, taking my blood pressure, quitting smoking)

At the end of your visit:

**What do I need to do or change between now and the next visit?**

\*\*adapted from the Healthwise check-up tool posted on The BC Health website\*\*