

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