Record Your Doctor Visit

If your head spins every time you leave the doctor’s office—you can’t remember what was said or you leave with a bunch of notes that you could easily misplace—here’s a solution: Grab a pen, print this page and bring it to your next doctor visit.

Visit Results
Use this section to keep track of new diagnoses or the status of existing conditions.

________________________________________

________________________________________

________________________________________

Doctor’s Advice
Include recommendations for exercise, diet, physical therapy, etc.

________________________________________

________________________________________

________________________________________

Medication Alert
Note any changes in medications, including new prescriptions and what they treat, dosages and times per day that medication is required.

________________________________________

________________________________________

________________________________________

Referral Reminder
If your doctor advises you to see any kind of specialist, record it here. Jot down the specialist’s:
Name: ___________________________ Phone: ___________________________
Address: __________________________________________________________
Reason for referral: ________________________________________________

Next Appointment
Record the date and time of your next doctor visit—even if you make routine visits that you think you won’t forget.
Date: ___________________________ Time: ___________________________