

# Checklist

Use the checklist below as a guide to help you prepare your appointment. We recommend writing out all the information that could be useful. Take it to your appointment to prompt discussion with your doctor.

What should I share with my doctor?	Your remarks
 Past and present major medical problems, including any operations	
 Details of any medication I'm currently taking and my vaccination history	
 Names of my other healthcare professionals	
 My family's medical history	
 Any allergies to medications or food e.g. Penicillin, lactose	
 My habits and lifestyle e.g. shift work, diet, exercise, risk factors: alcohol and smoking	
 My treatment preferences or anxieties e.g. you might be afraid of injections	
 Who to contact in case of emergency e.g. parents, partner, children	

**Whatever the choice,  
make it an informed one  
together with your doctor.**



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## What should I find out from my doctor?

## Your remarks



What illness do I have? What are my treatment options?



How can each treatment option help me and what are the possible side effects?



What is the reason for the recommended treatment option?



How could this medication help me?



How and when do I take this medication?



Which side effects could occur?



What can happen if I don't have treatment or stop it too early?



Can you recommend any further sources of information or support groups?

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