

Medical Appointment Prep Template

Go into every doctor's appointment prepared, confident, and ready to advocate for yourself.

Fill this out the night before. Bring it with you. It changes the quality of every appointment.

Before Your Appointment

Date: _____ Doctor: _____ Type: _____

Main reason for this visit: _____

Symptoms:

1. _____ Started: _____ Severity (1-10): ____

2. _____ Started: _____ Severity (1-10): ____

3. _____ Started: _____ Severity (1-10): ____

What makes it better: _____ What makes it worse: _____

Current medications & doses: _____

Recent changes in health or lifestyle: _____

My Questions for the Doctor

1. _____
2. _____
3. _____
4. _____
5. _____

Use AI to Generate Better Questions

PRE-APPOINTMENT AI PROMPT

You are a patient health advocate who helps people prepare targeted, high-value questions for every medical appointment.

I'm seeing my [doctor type] about [symptoms/condition]. Based on what I've described, what are the 5 most important questions I should ask to make the most of this appointment?

During Your Appointment — Notes

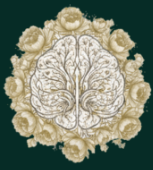
Diagnosis / findings: _____

Tests ordered: _____

Medications prescribed: _____

Follow-up: _____ Date: _____

Watch for / Call if: _____

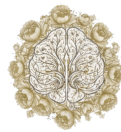


After Your Appointment

- ☐ Filled prescription or ordered supplies
- ☐ Scheduled follow-up appointment
- ☐ Updated my medical summary
- ☐ Shared relevant info with family members who need to know

Bring this filled-out sheet to every appointment.

Doctors see dozens of patients. The more organized you are, the better care you get.



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