Appointment Log

Steps to a satisfactory medical appointment:

1. Write down your problems/questions before you go.
2. Number the problems in questions. Make the number one the most important.
3. Show the provider your list. Write down any answers to your questions.
4. Talk to the provider about options for handling your problems/questions.

DATE	PROVIDER	QUESTIONS / PROBLEMS TO BE DISCUSSED	REASON SEEN / CARE PROVIDED	NEXT APPOINTMENT

(Adapted from the Care Notebook with permission, Children's Hospital and Regional Medical Center, Seattle, WA, 2003.)
Utah Department of Health, c. 2003.