

General Tips to Help You

# Prepare for the doctor



## *monologue*

Write an opening monologue that tells the doctor what brings you in their office. Include current & most troublesome symptoms and describe how debilitating the illness is.

## *questions*

Prepare a list of questions to ask the doctor. Write these questions down so that you don't forget to ask them during the appointment.



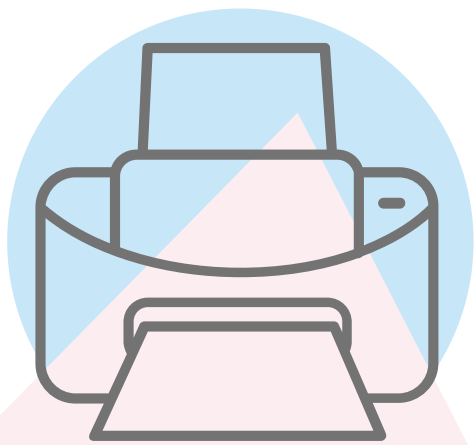
## *summary*

Create a summary of current diagnoses, symptoms, and medications. A current summary document of recent & intermittent symptoms, medications and diagnoses can give your caregiver a snapshot of the health issues.



## *make a chart*

Chart your symptoms for the month before your doctor's visit. It is helpful when trying to answer questions about frequency and severity of symptoms in the doctor's office.



## *print tests*

Print a copy of all test results to carry with you to the appointment. If you have a hard copy, you can be sure that your doctor can see all of your testing regardless of where they practice.

Have a good doctor's appointment!



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