My Appointment Plan

I have made an appointment with my **doctor or pharmacist** (circle which one) to talk about my medications.

**My appointment is with ____________________________**
on ____________________________ (date) at ___________ AM/PM

Three questions or concerns I would like to talk about are:
1. ________________________________________________
   ________________________________________________
2. ________________________________________________
   ________________________________________________
3. ________________________________________________
   ________________________________________________

I will bring to my appointment:

☐ A written list of all my current medications, including over-the-counter pills, vitamins, and natural health products
☐ My list of questions, concerns, and information I want to talk about
☐ A notebook and pen to write down what I learn
☐ Someone to take notes for me if I have trouble taking them myself